

Medical support

Tricare and patient liaisons offer links to off-post care. See page 7.



WWII veteran

Wiesbaden retiree and author shares experiences in civil rights struggle. See page 12.



School health

Nurses offer tips for keeping students healthy throughout the year. See page 20.



Herald Union



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Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden

Sept. 15, 2011



Photos by Chrystal Smith

Spc. Charles Tomeo, medic, administers the Flu Mist vaccination to Kevin Simon, clinical systems trainer, at the Wiesbaden Health Clinic Sept. 7. Photo left: Capt. Eric Defouw, Wiesbaden Health Clinic Pharmacy, enters pharmaceutical data into the computer.

Learning about different aspects of care

By Lt. Col. Vincent Barnhart

Medical Director of the Wiesbaden Health Clinic

U.S. European Command is hosting the annual Health Care Benefits Awareness Month. As a member of the Europe Regional Medical Command, Wiesbaden Health Clinic is showcasing different aspects of health care benefits throughout the month of September.

The Wiesbaden Health Clinic is hosting the following special activities during the month:

- ❖ An "ask me" table is displayed at the lobby of the health clinic where beneficiaries can submit their questions or comments about their health benefits. It also showcases different information on health care benefits including physical health, mental/behavioral health,

dental health and health care while traveling.

- ❖ The health clinic is participating in the annual Installation Management Command's Fit Day Sept. 17 from 10 a.m. to 2 p.m. at the Wiesbaden Fitness Center.

Flu vaccine will be available to beneficiaries above 2 years old.

- ❖ Every Wednesday the health clinic provides medical briefings to Soldiers transferring to our community.

- ❖ A Tricare representative provides health care benefits briefings to Soldiers at the Welcome Center.

- ❖ Information on health care benefits is shared with the community through the monthly

Community Information Brief and the Community Information Channel.

Stay tuned to AFN-Wiesbaden or read more stories in this issue of the *Herald Union* for more health care advice and information.

I encourage each of you to visit your local health care facilities to obtain more information about your health care benefits during your tour in Germany.

Or stop by our table during the annual Installation Management Command Fit Day where representatives will be available to answer questions. *[Editor's note: For information on events in the Baumholder military community, stop by your local health care facilities].*

**Health Care
Benefits
Awareness**

Special: Health Care Benefits Awareness Issue

Suicide prevention:

Army intensifies efforts to ensure all members of Army Family are fully aware of resources

**Commentary by
Lt. Gen. Rick Lynch**
*Commander of the
Installation Management Command*



When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do.

There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"

And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide.

And the Family member who felt desperately alone and overwhelmed during another deployment.

Most of the stories have happy endings — the people received the help they needed. When they didn't, it was a hard, hard loss.

Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week Sept.

4-10. Suicide prevention is an institutional Army program, focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and Family member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort training, to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison Suicide Prevention Program, as well as the Army's Suicide Prevention website (www.armyg1.army.mil/hr/suicide/default.asp). A number of other resources provide help with issues that can put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army Family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that

have reduced the number of people at risk. But as long as any member of the Army Family views suicide as a viable option, we still have work to do. From the installation management side we are strengthening programs that provide critical support. This includes hiring more ASAP counselors and suicide prevention program managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, civilians and Families build stronger connections with their new communities.

One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way — in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events — until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.

Finding help at your local health clinic

By Scott Bodine
*Chief of Behavioral Health,
Wiesbaden Army Health Clinic*

September has been designated as Army Suicide Prevention Month. The Army has selected this month to highlight the recent efforts to reduce suicide in the Army community to prevent the tragic and needless loss of life from suicide.

In addition to the formal suicide prevention programs which were initiated by the Army three years ago, the Wiesbaden Army Health Clinic has a full complement of outpatient behavioral health services available to members of the community.

Social workers, psychologists, psychiatrists and behavioral health technicians are part of the team, which provides help and ongoing care to adults and children in our community.

These services include individual therapy, group therapy, couples therapy and medication management.

To ease the access to Behavioral Health Services, it is possible to contact behavioral health administrative support staff members, Ms. Shea or Ms. Jaquez, at mil 337-7971 or civ (0611) 705-7971 for an appointment. Appointments may also be scheduled through the central appointments line at mil 337-6320 or civ (0611) 705-6320.

To begin treatment, an intake evaluation will be completed to assess factors which may contribute to the problems a person may be experiencing. Additionally, goals will be established, and the provider will discuss methods of available treatment. The behavioral health team uses the latest evidence-based prac-

tices from a bio-psycho-social perspective in order to achieve a positive outcome.

If anyone in the community is concerned about suicide, calling the MP desk, Chaplains Office, a local hospital, Military One Source or the health clinic will help with accessing care. In order to receive an emergency evaluation by one of the behavioral health staff members on a walk-in basis, contact the Behavioral Health Office at mil 337-7971. A behavioral health technician will conduct an initial triage interview.

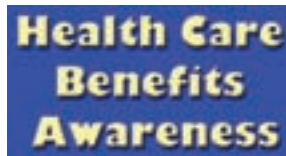
Following a meeting with a provider, the results of this assessment will be used to develop a plan for follow-up care

to reduce the risk of suicide. The Wiesbaden community has access to inpatient psychiatry services through the Landstuhl Regional Medical Center for service members. Host nation facilities in Wiesbaden and in Eltville provide inpatient psychiatry services for adults and children.

Help is available from a team of caring, compassionate and well-trained professional staff in Wiesbaden. However, these staff members often get involved after serious behavioral health problems become evident. In addition to these professionals, it is important for military leaders, chaplains, Department of the Army civilians, supervisors,

friends and Family members to get involved as a community to prevent suicide: Promote positive and healthy coping activities. Get involved in Comprehensive Community Fitness activities. Learn the suicide risk factors. Get to know the Soldiers and Family members in our community. In doing so you may save a life.

Suicide prevention is everybody's business. **(Editor's note: The U.S. Army Europe will feature interactive stage performances throughout Germany this month aimed at fostering increased awareness about suicide prevention. Performances are scheduled to be held Sept. 20 at 9:30 a.m. at Wiesbaden's Taunus Theater and at 2 p.m. at Baumholder's Wagon Wheel Theater.)**



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Command and newspaper staff

USAG Wiesbaden Commander.....Col. Jeffrey W. Dill
USAG Wiesbaden Command Sergeant Major
.....Command Sgt. Maj. Hector Alexander Prince
Public Affairs Officer.....Anemone Rueger
Editor.....Karl Weisel (mil 337-7405)
Associate Editor.....Chrystal Smith (mil 337-1400)
USAG Baumholder Reporter.....Ignacio Rubalcava (mil 485-6191)

News flash

USB power, think again

Before plugging any device in a U.S. government computer — whether it's a thumb drive, phone or mp3 player — think again. Anything that plugs into USB can not only draw power but can also transfer data. Plugging those devices into U.S. government systems creates vulnerabilities, which lead to significant risks to the networks.

CIFs closed Sept. 26-30

The Wiesbaden and Baumholder Central Issue Facilities will be closed for inventory Sept. 26-30. In case of an emergency call mil 485-7470 in Baumholder or mil 337-5653/6127 in Wiesbaden.

Army Mentorship Program

The Army Mentorship Program is a voluntary, web-based program that promotes mentorship by linking mentors and mentees, and provides training videos and literature teaching the concepts of mentorship. Studies have shown that mentoring relationships can help individuals with personal and professional growth by improving their leadership and interpersonal and technical skills. For more information visit www.armyg1.army.mil/hr/mentorship. (USAREUR Public Affairs)

Check fuel card

Army and Air Force Exchange Service officials advise patrons to check their Esso fuel card expiration date (lower right hand corner). If near expiration, customers must stop by the nearest AAFES fuel card issuing location for a replacement card. (Courtesy of AAFES Public Affairs)

Ask EURMama

Need some information about life in U.S. Army Europe? Ask EURMama — USAREUR's new social media platform on Twitter. To ask EURMama a question, pick up some tips or share your own, search for @EURMama on www.twitter.com. (USAREUR Public Affairs)

Human resources nominees

U.S. Army Europe commanders have until Nov. 15 to nominate their top performing human resource personnel for the second annual USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence Program. For more information on the program and nomination requirements contact John Spillman at mil 370-8396 or civ (06221) 57-8396. (USAREUR Public Affairs)

MacArthur nominations

U.S. Army Europe is seeking nominations for this year's Gen. Douglas MacArthur Leadership Award. In its 25th year, the program recognizes company grade officers — second lieutenants to captains and warrant officers to chief warrant officers 2 — who demonstrate the ideals for which MacArthur stood — duty, honor and country. Nominations are due by Nov. 1. Officers selected at the USAREUR level move forward to the Department of the Army level. For more information on nomination requirements contact your unit's personnel office or visit www.armyg1.army.mil/macarthur/default.asp. (USAREUR Public Affairs)



Photo by Anemone Rueger

Being prepared for an emergency

Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, meets with host nation officials Sept. 5 at the opening of the new consolidated Disaster Response Center in Wiesbaden. The command and control facility links firefighters and medical first responders in one building with state-of-the-art technology. The staff responds to about 130 alarm calls daily and is also responsible for providing assistance to the U.S. Army Garrison Wiesbaden.

Recognizing the symptoms of ADHD in children

Health Care
Benefits
Awareness

By E. Wayne Combs
U.S. Army Public Health Command

Most healthy children occasionally have trouble sitting still, paying attention or controlling impulses. Maybe you have noticed these behaviors in your own children. That's normal. But for some children, the problem is so bad that it interferes with their daily lives at home, at school and in social settings.

Attention-deficit/hyperactivity disorder, or ADHD, is characterized by not being able to pay attention, hyperactivity (highly or excessively active) and impulsive behavior (acting without thinking first).

There are three identified types of ADHD. Here are the symptoms for each type.

A child who has the predominantly inattentive type of ADHD exhibits the following symptoms:

- ☞ Fails to give close attention to details or makes careless mistakes.
- ☞ Has difficulty sustaining attention.
- ☞ Does not appear to listen.
- ☞ Struggles to follow through on instructions.
- ☞ Has difficulty with organization.
- ☞ Avoids or dislikes tasks requiring sustained mental effort.
- ☞ Loses things.
- ☞ Is easily distracted.
- ☞ Is forgetful in daily activities.

A child who has the predominantly hyperactive-impulsive type of ADHD exhibits the following symptoms:

- ☞ Fidgets with hands or feet or squirms in chair.
- ☞ Has difficulty remaining seated.
- ☞ Runs about or climbs excessively.
- ☞ Has difficulty engaging in activities quietly.

- ☞ Acts as if driven by a motor.
- ☞ Talks excessively.
- ☞ Blurts out answers before questions have been completed.
- ☞ Has difficulty waiting or taking turns.
- ☞ Interrupts or intrudes upon others.

Finally, children who have the combined type of ADHD meet both sets of inattention and hyperactive/impulsive criteria.

There is no simple test (like a blood test or a short written test) to determine whether someone has ADHD. Diagnosis can be difficult and should be made only by an expert (school psychologist, clinical psychologist, clinical social worker, nurse practitioner, neurologist, psychiatrist or pediatrician) after an extensive evaluation. This evaluation should include ruling out other possible causes for the symptoms, a physical examination, and a series of interviews with the individual and other key persons in the individual's life (parents, spouse, teachers and others).

A diagnosis of ADHD can be very scary. However, with early diagnosis and the right treatment, including medication and appropriate counseling and behavior therapy, most children with ADHD grow up to be normal, successful adults. The best results usually occur when a team approach is used, with teachers, parents, therapists, doctors and nurses working together.

If you're concerned that your child is displaying signs of ADHD, talk to your pediatrician or primary care manager. Your doctor may refer you to a specialist, but it's important to have a medical evaluation first to check for other causes of your child's difficulties.

For more information on ADHD visit www.adhd.com/index.html or <http://cdc.gov/ncbddd/adhd>.

From the blotter

Compiled by the U.S. Army Garrison
Wiesbaden Directorate of Emergency Services

Aug. 7

Baumholder: A Family member is being charged with a traffic accident after striking another vehicle.

Wiesbaden: Two Department of Defense civilians are being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Aug. 8

Baumholder: Seven Soldiers are being charged with wrongful use of a controlled substance after failing a command-directed urinalysis test.

Wiesbaden: A Soldier is being charged with a traffic accident after striking another vehicle.

Aug. 9

Baumholder: A Soldier is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A Soldier is being charged with aggravated assault after stabbing another Soldier.

Aug. 10

Baumholder: A noncommissioned officer is being charged with assault after getting in an altercation with a Soldier which turned physical.

Wiesbaden: A retiree is being charged with misuse of individual logistical support after failing to renew his pink card.

Aug. 11

Baumholder: A Family member is being charged with wrongful damage to government property after cooking with grease and accidentally setting the quarters on fire.

Wiesbaden: An NCO is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Aug. 12

Baumholder: An NCO is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Wiesbaden: A Soldier is being charged with a traffic accident after striking another vehicle.

Aug. 13

Baumholder: A Soldier is being charged with drunk and disorderly conduct after throwing an empty beer bottle at a moving vehicle.

Wiesbaden: A DoD civilian is being charged with a traffic accident after striking another vehicle.

Aug. 14

Baumholder: A Soldier is being charged with assault after being involved in an altercation which turned physical, when the Soldier struck another soldier with a beer bottle.

Wiesbaden: Two Soldiers are being charged with drunk and disorderly conduct after tearing apart a wine stand owned by the host nation.

Police partners

**Lt. Col. Mikel Russell,
U.S. Army Garrison
Wiesbaden director of
emergency services,
thanks host nation
law enforcement of-
ficers for their support
during an apprecia-
tion luncheon at the
Community Activity
Center Sept. 1.**

Photo by Chrystal Smith



Coping with emotions

Accepting the present moment to remain objective

By James W. Cartwright
U.S. Army Public Health Command

Sgt. Smith allowed his negative emotions to direct his life.

One evening while tackling the mounting bills, he was hit by the reality that his wife had maxed out their credit cards. He was frustrated and confronted her about her spending habits. As she struggled to explain, Smith became angrier with each excuse she offered and demeaned her with hateful names.

His wife was outraged and fought back with a tirade about the sergeant's personal shortcomings. Smith did not like his wife's angry retaliation. He became even more angry, lost control in an instant and hit her.

Rather than calm himself, the fictional Sgt. Smith acted on his negative emotions, and this led him to a destructive outcome. Emotions are legitimate and valid when they are pleasurable and even when they are painful. However, acting on emotions can often create destructive outcomes. Acting on angry impulses can lead to hostility and even failed relationships. Acting on your emotions often intensifies your negative feelings and does not provide relief from distress.

Emotions are simply signals in your body that tell you what's happening in your environment. They can be good or bad, pleasurable or distressing. Sometimes they are strong feelings that come on quickly as a reaction to a situation without much thought or consideration for what's going on.

Our initial reactions to what's happening are referred to as primary emotions. However, we may also experience secondary emotions. Secondary emotions are reactions to your primary emotions. For example, Smith's primary emotion was anger in response to his wife's overspending. He expressed his anger in harsh words aimed at his wife and then escalated his anger to the point that he ended the episode by hitting his wife. Later, he felt guilt and shame about his actions. These were secondary emotions.

To make matters worse, a primary emotion can set off a whole chain of secondary distressing emotions. For example, Pfc. Jones received a "Dear John" letter from his girlfriend. At first he felt angry and betrayed. He thought, "How could she break up with me?" Later, as he thought about the loss of his girlfriend he felt abandoned, lonely and even worth-

less. He began to have self-critical thoughts: "I'm such a loser."

Soon he began to think, "I can't live without her." As his thoughts became more irrational, he began to feel overwhelmed by his emotions. At this point he is placing himself in danger. He may engage in destructive activities like binge drinking, or even think that life isn't worth living.

It is easy for emotional reactions to escalate out of control. Often, an individual in emotional pain blames someone or something else for the pain in the first place. Generally, the angrier you get, the more pain you will experience. Getting angry or upset over a situation also stops you from accurately perceiving what's really going on.

When you get angry and think that a situation should have never happened in the first place, it frequently means that you're missing the point: it did happen, and you have to deal with it. Regulating your emotions is the way to deal with it.

When feeling overwhelmed emotionally, one way to regulate your emotions is to accept the moment or event for what it is. The troublesome moment may have been due to a long chain of events and decisions made by you and others. You can't really fight it, get angry at it, or try to change it into something that it is not.

The events leading to the moment have already occurred. For Smith, his debts are debts no matter how he reacts. For Jones, the letter is what it is, in the moment. This doesn't mean that you have to give in to every bad thing that happens to you, but it frees you to accept the moment for what it is and choose to respond differently.

In order to get started with regulating your emotions, remind yourself of a few coping statements like, "This situation won't last forever," or, "The present moment is the only moment I have control over."

Other coping statements include "I'm strong and I can handle anything," or "I've survived other bad situations before, and I'll survive this one too."

Accepting the present moment allows you to be objective about the part you have played in the situation.

Most importantly, it gives you the well deserved opportunity to respond to the situation in a new way that's less painful for yourself and others. It opens the door for you to change things for the better.

Disability evaluation process streamlined

An improved disability evaluation process for Soldiers is scheduled to begin in Europe in late 2011 or early 2012. It will eliminate both the requirement for veterans to navigate the VA disability evaluation process on their own and the delay between the end of Soldiers' service and the beginning of their VA benefits.

The Integrated Disability Evaluation System partners the disability rating systems of the Department of Defense and the Department of Veterans Affairs to produce a disability rating system used by both departments.

IDES features a single set of medical examinations and a single set of disability ratings, resulting in benefits that begin as soon as Soldiers separate from military service.

The VA does not have an overseas structure in place to support IDES, and thus does not have the structure or resources to support the required medical examinations here. Therefore, Soldiers

overseas will return to the United States in a Permanent Change of Station status after their physician identifies them as requiring a Medical Evaluation Board.

However, Soldiers who enter the disability evaluation process prior to the start of the new program will continue under the "legacy" process. They will remain in Europe while their physicians document their disabilities during the Medical Evaluation Board, and while the Army personnel system rates their disability during the Physical Evaluation Board.

"The purpose of IDES is to minimize confusion and frustration for Soldiers and their Families. In the past, Soldiers have had to undergo two seemingly unconnected and demanding processes," said Lt. Col. Matthew Horsley, Europe Regional Medical Command's patient administration officer.

Under the legacy system that DOD is phasing out, the Army evaluates Soldiers' medical conditions and determines

whether they can continue performing their military missions. If they can't, the Army then rates the level of that disability and separates them from the service with appropriate benefits. Then the veteran has to go through a similar process with the VA so that it can determine benefits.

"Under existing law," said Horsley, "the Army evaluates a Soldier's medical conditions only in relation to how it impacts his/her ability to perform as a Soldier. The VA, on the other hand, evaluates disabilities in relation to their impact on other aspects of the Soldier's life, including future earning potential and the general quality of life."

The legacy process has been in place since the end of World War II and has served millions of veterans. However, the system is redundant and time consuming.

"Under IDES, Soldiers' VA benefits begin when their military service ends,"

said Horsley. "The detailed and careful processes required by both the Army and VA disability systems are fundamentally the same, but we are trying to get to system synergy."

"The Army Medical Department is able to return the vast majority of injured and ill Soldiers to duty," said Horsley.

"If they cannot return to duty, then they must enter the disability evaluation system, and it should be as seamless as possible."

USAREUR and ERMIC have identified challenges Europe-based Soldiers may encounter during this transition and are reviewing issues such as military couples when one military member will remain in Europe; Soldiers who intend to retire in Europe; and Soldiers married to non-U.S. citizens who have not yet filed immigration paperwork.

USAREUR and ERMIC are building a website to provide information on IDES. (USAREUR Public Affairs)



Program offers college students chance to work in Europe

By Charles M. Belluomo

U.S. Army Europe Workforce Recruitment Program intern

Most full-time college students spend their summer breaks either vacationing or working. This year 34 college students did both by participating in the Workforce Recruitment Program with the U.S. Army in Europe.

The program is a partnership between the Department of Labor and Department of Defense that coordinates summer internships for college students with disabilities, explained Rafael Reyes, the U.S. Army Europe Equal Opportunity manager. Universities in the U.S. host annual on-campus recruitment visits. Program recruiters interview, rate and categorize student applicants, which are fed into a national database. Federal and non-federal employers can search database candidates for temporary and full-time employment, said Reyes.

But the WRP isn't just an employment program.

"WRP doesn't hire. We simply coordinate the effort," Reyes said. Jobs depend on military and civilian managers who can mentor and develop the students.

The goal is to match students with positions relevant to their

areas of study or professional interests, but this is not always possible, Reyes explained. The program's aim is to provide a form of developmental internship for participants. Employment is not always available in their chosen area of study, but students can still accept jobs in other fields, he added.

Students are eligible for the program from the time they enter college until one year after graduation. Graduating participants said that extra period of eligibility is especially beneficial and encouraging for those preparing to enter an increasingly competitive job market.

The opportunity to complete an internship is also beneficial. A May 2011 Rutgers University study showed that nearly two-thirds of all recent college graduates "believe they will need more formal education if they are to be successful in their chosen career," and that students who completed internships while in school earned roughly 20 percent more than those who did not.

Karen Anderson, a former WRP intern, said the program helps employers as well.

"The program is also a great resource for private companies and federal agencies tasked with special projects but who don't have the manpower to complete



Photo by Joel Salgado

Anthony Chimento processes records in the awards section of the U.S. Army Europe personnel directorate.

them or the budget to hire additional employees," she said.

Reyes said hiring departments incur no additional costs for employing WRP candidates, since the Department of Labor pays their salaries. No cost to the employing agency is one more reason the Department of Defense, IBM and Prudential Insurance like supporting the program, he added.

Reyes also said the program here is growing each year. This summer he helped 34 students from 16 states and Puerto Rico get jobs in Germany, up from 19 hires in 2010. In fact, the Army in Europe employed 31 percent of all Army hires under the WRP for this year, while the majority of the remaining students hired

by federal agencies were placed in locations such as Washington, D.C., Japan and South Korea.

The number of students hired by the Army in Europe shows its support of President Obama's executive order to increase federal employment of people with disabilities. The Department of Labor calls the program "a model strategy" for complying with the order.

Wesley Tipton, a 22-year-old graphic design student at the University Tennessee at Knoxville talked about his WRP experience in Germany.

"This has been a great opportunity. I've gotten paid to travel and live in Europe while gaining valuable work experience," he said.

Tipton said living in a foreign country and working for the DoD has given him insight into the government and U.S. tax dollars at work.

"Working for the Army has also been a great experience that I never would have gotten if not for the program," Tipton said. "When I first got here, I was expecting it to be all, 'Yes sir, No Sir,' because I was working for the Army. I then realized the Army is made up of much more than just Soldiers and that there are thousands of civilians that make up this fantastic workforce."

Jeff Greer is a high school teacher and doctoral candidate finishing his master's degree at Texas Tech University. At age 60, Greer is older than the average WRP participant, but his full-time student status keeps him eligible for the program.

Greer said participating in the program has been a good experience, and that Reyes has "just done an incredible job. He goes out of his way to help in any way he can. He is like a family member taking care of details. He goes above and beyond anything he would have to do."

More information on the WRP is available at the program's website at <https://wrp.gov/Log-inPre.do?method=login>.



Eberhard Klein trains firefighters on use of the new trucks. Photo right: A new truck with the articulating arm.



IMCOM-E fire stations get new fire trucks

Installation Management Command-Europe fire station staffs welcomed the delivery of eight new aerial ladder trucks fielded to allow rescue and fire-fighting in multistory buildings.

They replace more than 20-year-old, Army-owned vehicles and leasing vehicles at IMCOM-Europe garrisons.

It was a constant challenge to keep the old vehicles operational, according to IMCOM-Europe officials. "With age and responses they simply were worn out. Host Nation Logistics Field Operating Agency (staff members) did an outstanding job, but there is only so much you can do if spare parts are not available anymore," said Sigurd Mack IMCOM-Europe fire protection specialist.

Besides better response capabilities and mission readiness for the fire departments, the vehicles bring some urgently needed financial relief to the garrisons. The vehicles will drastically reduce the burden on repair costs compared to the old ones, and having Army-owned vehicles allows the garrisons to return four leased vehicles, avoiding an estimated \$480,000 lease cost for their constrained budgets.

"Leasing is a great way to cover short term peak loads for

such specialized vehicles, but for a permanent requirement it is not cost effective," said Mack.

Normally Headquarters IMCOM procures the vehicles centrally and fields them to the garrisons, Mack said, but Europe has specific challenges. Authority to procure standardized vehicles has been delegated to IMCOM-Europe Emergency Services Division.

Consolidating purchases at the European level allowed for standardization and bulk-buy benefits, providing vehicles tailored to the European theater. The vehicles meet Department of Defense and U.S. performance requirements but are locally manufactured.

The new vehicles meet the requirements for garrisons in Europe, officials said, explaining that a big issue on Army posts overseas is the age of its roads — "where the road design dates back to the ages of horse carriages," said Stefan Groetschel, U.S. Army Garrison Ansbach fire chief and chief of the IMCOM-E Firefighting Training Center.

The truck is almost as maneuverable as a Smart car, but it does not give up capability," said Gerhard Goegelein, USAG Ansbach firefighter. A

unique feature of the trucks is an articulating arm which allows tilting the upper section of the ladder. "This feature for us is worth its weight in gold," said USAG Baumholder Fire Chief Hans Kuhn. "We have so many three- and four-story buildings with tight access. With the articulating arm we can perfectly reach now all the recessed roof and mansard windows," Kuhn said.

The vehicle acquisition was a great team effort from a lot of parties," said Mack. The concept was developed by the Region Office together with the IMCOM-E Firefighting Training Center to ensure everything supports the firefighting techniques and tactics taught at the

center. Quality assurance and acceptances were performed by the Host Nation Logistics Field Operating Agency, fire truck experts out of Schweinfurt.

"Here we had the highly skilled experts who are really smart in truck technology," said Mack.

This maintenance activity will also perform all repairs and enforce warranty if needed.

Another vital component of the new acquisition was comprehensive training for the receiving fire departments at the IMCOM-Europe Firefighting Training Center. Firefighters from each receiving fire station were trained as instructors for the new vehicles in a comprehensive four-day class. A

thorough mix of academic and hands-on training was provided.

Instructors from the chassis manufacturer taught the specific driving techniques, while the trainers from the aerial ladder manufacturer shared details about the ladder mechanisms. Training center staff offered modules for tactics in the most effective use of the ladder trucks.

"Besides great trucks, we really got here the hands-on knowledge of how to use those tools the smartest way. With those vehicles we really got a great tool to accomplish our mission, which is to protect those who defend America," said Dieter Fritsch, USAG Ansbach firefighter. *(Story and photos courtesy of IMCOM-Europe Public Affairs)*



Photo by Chrystal Smith

Getting zingy with the Zinghoppers

Penelope the Possum and her Zinghopper cast of characters entertain an audience of children in the Wiesbaden Fitness Center Sept. 2. The group was brought to Wiesbaden by Armed Forces Entertainment and toured several U.S. military installations spreading their message of caring and getting along with one another.

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"The churches of Christ salute you." - Romans 16:16

Patient liaisons are link to off-post care

By Gabi Matthews
Supervisor, Patient Service
Center

In July 1994 the first two Baumholder liaisons visited patients in German hospitals. A little room with a chair and a desk was their office at the health clinic, and the clinic staff did not quite know what to make of this new program.

"Those were challenging times," says Stefanie Ide, who remembers her first patient. "He was a Soldier with an ankle fracture, who was taken to Birkenfeld for surgery. The surgeon just looked at us questioning our presence and purpose, while the patient was more than happy to see us."

It didn't take long for everybody to appreciate this new program. It simplified care between local and military physicians and explained cultural differences. Patients now had a facilitator to translate for them while they were treated at the local hospitals.

In the meantime, Baumholder now has four liaisons visiting patients admitted to local hospitals, and since April 2010, outpatient liaison services have been introduced Europe-wide. Patients are escorted for their visits to German doctors' offices, helped with paperwork and finding their way around the facilities, and provided with language assistance. "Most of our German doctors speak good English, especially when it comes to medical terminology, but they have a hard time when trying to explain simple things," says Janine Berry, the senior outpatient liaison at the Baumholder Health Clinic.

Liaisons also listen to patients' concerns and help them understand the German medi-



Photo by Ignacio "Iggy" Rubalcava

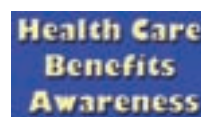
Calvin Gomes receives physical therapy treatment from Roland Kaidl, physical therapist, in the city of Baumholder. Michelle Merson (left) and Janine Berry, patient liaisons from the Baumholder Health Clinic, are present to assist Calvin's mother, Yaelmie Gomez, with translations, paperwork and any other administrative issues.

cal system. "Being asked by a German gynecologist to take off your clothes can come as a shock to an American patient. We explain this beforehand and even provide our patients with gowns," said Berry.

"When I was told that my son would have to be referred out onto the economy to receive further treatment for his condition, I was initially fearful," remembers Yaelmie Gomez. "But then I was contacted by a patient liaison, who not only reassured me that she could find a doctor, but she was also knowledgeable enough to know

about a good hospital where she felt he would get the best care. She attended my first initial appointment, had all the documents with my son's medical history ready to provide to the doctor and made sure that I felt comfortable to come to the next appointment alone. I know for me, our local patient liaison team eased all my fears and amazed me in what they do each and every day."

Liaisons work closely with the clinic staff to coordinate necessary follow-ups, they know both medical systems



and bring them together for the benefit of the patient.

"This is a very rewarding job, because you can really help patients. Big medical facilities like the Homburg University Hospital or the Westpfalzkllinikum in Kaiserslautern are very confusing. Even German patients get lost there.

Knowing your way and knowing the providers helps smooth the way for a good doctor's visit. And that's what we aim for," says Michelle Merson, who has been working as a liaison since April of this year.

Together with her colleague, she covers many miles during the week going with patients to Idar-Oberstein for an MRI, to Kusel for an ENT evaluation, to Birkenfeld for a GYN appointment or to Ramstein to see the pediatric gastroenterologist.

Baumholder's host nation liaisons have their office in the Baumholder Health Clinic. They are available Monday through Thursday from 8 a.m. to noon and 1-4 p.m.; and Fridays from 8 a.m. to noon. For assistance call mil 485-8575, 8750, 6831, 6668, 6205 or 7037.

Avoid the Drunk Zone — don't become 'That Guy'

When a person gets highly intoxicated, his or her mind and body go into a zone.

This zone is the Drunk Zone.

The Drunk Zone is like the Twilight Zone. It is like the Twilight Zone because when you're in the Drunk Zone, you act strangely or differently.

You can act in ways that you would never act sober, like drinking so much that you lose body functions or even doing or saying things to your family that you would not normally say or do.

The That Guy campaign shows individuals how they

really act when they are in the Drunk Zone.

Through reading the That Guy campaign ads, using their products and going to their website, a person can see some of the things that happen in the Drunk Zone.

The concept is that by learn-

ing what happens in the Drunk Zone, you will want to moderate or cease your alcohol intake.

Alcohol can be consumed in a way that will keep you out of the Drunk Zone.

This campaign encourages low risk drinking choices.

Low risk drinking choices

include the quantity and frequency of which a person uses alcohol.

The lower the amount people drink, the less likely they are of becoming That Guy.

Avoid the Drunk Zone and protect yourself from becoming That Guy.

FMWR roundup ... FMWR roundup ... FMWR

Celebrate Hispanic heritage

Many backgrounds, many stories, one American Spirit is the theme behind this year's Hispanic Heritage celebration Sept. 20 beginning at 11:30 a.m. at the Rheinlander Community Club. The guest speaker is Command Sgt. Maj. Alexis A. King, 30th Medical Command, command sergeant major. Free food sampling will be provided by the Mexican Cantina Restaurant.

Save big at NAF sale

Save big at Baumholder's Non Appropriated Fund four-day sale Oct. 5-8 from noon to 6 p.m. Check out the inventory in Building 8884 in Wetzel Housing. Stereo and photo equipment, tables, chairs, cribs, dishware, glasses and more are available. The sale is open to all U.S. identification card holders. All sales are final, there are no returns, everything is cash-and-carry and only U.S. dollars are accepted. There are no deliveries.

Library changes hours

The library changes its hours Oct. 1. The library will be closed Sundays, but open on Fridays and closing one hour earlier Mondays through Thursdays and open longer on Saturdays. The new hours will be:

Mondays through Thursdays, 10 a.m. to 7 p.m.

Fridays through Saturdays, 10 a.m. to 5 p.m.

Sundays, closed

U.S. holidays, closed

Tell the Army what you think

Delegates are needed to represent the Baumholder community at the annual U.S. Army Garrison Baumholder Army Family Action Plan conference Oct. 19 and 20.

AFAP allows communities to provide feedback to Army leadership about what is working and what isn't and what they think will fix it. Do you have an opinion about what the Army can do differently? Submit an issue at <https://www.surveymonkey.com/s/2011BaumholderAFAPissueform>. If you fall into one of the following categories your passion is needed to improve the Army.

- Enlisted service member or family member of an enlisted Soldier

- Officer service member or Family member of an officer

- Retiree

- Department of the Army civilian

Fill out and return the delegate application form available at www.baumholder.army.mil For more information call Army Community Service at mil 485-8188 or civ (06783) 6-8188.



Photo by Madeleine Dwoiakowski



Photo by Ignacio "Iggy" Rubalcava

Equality run

Photo left: Monique Berton huffs and puffs her way across the finish line during the Women's Equality five-kilometer run Aug. 26. Berton took first place in the women's division with a time of 24:44 minutes. Photo above: Kid's division winner Jeresum Atkins leads first place finisher in the men's division, Jason Basaldua, to the finish line. Atkins finished with a time of 20:58 minutes and Basaldua turned in a 20:59. Other winners were Uli Ott, second place men's, 23:26; William Waller, third place men's, 20:59; Mariam Garner, second place women's, 25:50; Amanda Harris, third place women's 26:26; Gabriel Ruiz, second place kid's, 22:52; and Cameron Koch, third place kids, 27:49.

Sing your way to fame

Win valuable prizes and a chance to compete in the Army-wide Operation Rising Star. Auditions for Baumholder's Rising Star are Sept. 19 beginning at 7 p.m. at the Hilltop Theater. The first round is at 7 p.m. Sept. 21 and finals are at 7 p.m. Sept. 23 at the Rheinlander Club.

The contest is open to all active duty members and their spouses. For more information contact the Hilltop Theater at mil 485-7244 or email hilltoptheater@eur.army.mil or eric.danzeiser@us.army.mil.

Comedians on tour

Come out Sept. 15 at 7 p.m. to watch four comedians do their thing at the Rheinlander Community Club. This is a free show with an adult theme. The event is sponsored by "That Guy" and coordinated by the Family, Morale, Welfare and Recreation Hilltop Theater. For details call mil 485-7244 or email hilltoptheater@eur.army.mil

Unload your car

If you need to buy or sell a vehicle take it to the new auto resale lot. There is a \$10 flat fee per month. Baumholder civilians and service members have the opportunity to sell their vehicles at the resale lot. Simply come by the Auto Skills Center to obtain a parking permit

for the vehicle before parking it at the lot.

The permit is limited to 30 days with an option to extend once, depending on space availability. The Baumholder resale lot is located in the parking lot in front of the Hall of Champions.

Summer hours

Strikers Bowling Center summer hours of operation are:

Mondays through Thursdays, 11:30 a.m. to 10 p.m.

Fridays and Saturdays, 11:30 a.m. to 11 p.m.

Sundays and federal holidays, 1-9 p.m.

The snack bar and lanes close one hour earlier.

For more information call the center at mil 485-6569 or civ (06783) 6-6569.

Rheinlander flea market

A flea market is scheduled for Sept. 24 from 9 a.m. to 4 p.m. at the Rheinlander Community Club.

Rental for one 12-foot table is \$15. Table set up is from 7:30-9:30 a.m. and only 25 tables are available. Admission to shop is free. For more information call the club at mil 485-6533 or civ (06783) 6-6533.

Bavaria in Baumholder

Enjoy an Oktoberfest with Bavarian food, beer and music from 7 p.m. to

midnight at the Rheinlander Community Club Oct. 7. For details call mil 485-6533.

Tee off at Rolling Hills

Herbstpreis tournament, Sept. 18 at 9 a.m., Stableford format, everyone welcome

Erntedank Tournament, Oct. 2 at 9 a.m., Stableford format, everybody welcome

Fall Scramble, Oct. 15 at 9 a.m., two-person scramble, everyone welcome

Monthly kids clinic Sept. 24 and Oct. 8, instruction from 10 a.m. to noon, cost is \$5.

Thursday Night Scramble, every Thursday at 6 p.m. Cost is \$15 person.

All events are open to everyone except league play or American/German club championships.

Call the Rolling Hills Golf Course for more information mil 485-7299.

Glee Club needs your voice

If you love to sing, the Glee Club is looking for you. The club is open to singers 16 years and older. Meetings are every Tuesday from 5-6:30 p.m. in the music room at the Hilltop Theater. Come out and make new friends, learn about singing and experience the music. For more information call mil 485-7244 or email hilltoptheater@eur.army.mil.

Town hall offers one-stop info venue

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

Cookie-baking first sergeants, trash cans, teachers, community information and door prizes were thrown into one pot to create Baumholder's first community town hall and events fair Aug. 24 at the Rheinlander Community Club.

The town hall and events fair were merged so community members could air concerns, learn about community improvement projects, find out what's happening on post or just enjoy an afternoon with friends.

The afternoon began with an information gathering session in the hallway of the Rheinlander where various community agencies provided information about their services and activities and answered questions. Adding to the festive atmosphere, garrison officials gave away at least six door prizes throughout the afternoon.

Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, kicked off the town hall with an introduction of Baumholder's new educators.

The new Baumholder Middle High School principal is Jennifer Remoy. Smith



Photo by Ignacio "Iggy" Rubalcava

Baumholder community members browse the information booths at the Rheinlander Community Club Aug. 24. The information booths were a warmup to the reformatted community town hall, which now offers more than a question-and-answer session for the community.

Elementary School has two new faces at the helm. Sue Morin is the new principal and Jorge Pacheco is the assistant principal. At Wetzel Elementary School, Mary Simmons is the new principal.

Volunteers were honored, followed by McAdoo introducing Baumholder's Go Green recycling program.

Baumholder is now recycling cans, paper and glass but not plastic. "We don't recycle plastics," said McAdoo. He

explained that Germany burns plastics along with residual trash at special recycling plants. The heat created from the plastics is intense and causes the other trash to burn thoroughly.

To visually emphasize the Go Green program, three color coded and labeled trash containers were placed in the Rheinlander ballroom. McAdoo taped each lid and as he did members from Baumholder's environmental division popped out of the containers and yelled

out the annual savings when recycling cans, paper and glass. Baumholder can save €120,000 by recycling cans, €94,000 by recycling paper and €15,000 by recycling glass.

McAdoo then made way for Lt. Col. Steven Fandrich, 170th Infantry Brigade Combat Team rear detachment commander, whose announcement that the deployment was past the halfway point was met with enthusiastic cheers and applause.

Fandrich then explained

the cookie bake-off between the company first sergeants and jokingly told the judges to disqualify any entry they found to be other than homemade.

McAdoo took up the topic of future construction on Baumholder. He said that construction on the new townhouses begins this summer.

Construction of the new middle high school and new elementary school at Wetzel is expected to be completed by 2014.

There will be much shuffling, but when everything has settled, the Arts and Crafts Center, the Hill Top Theater and the U-Fix-It Store will all have new homes on Smith Barracks.

A display detailing the various construction projects will soon be placed in the community mail room hallway for all to review.

McAdoo's construction update was followed by the open forum, where community members had an opportunity to air concerns or ask questions.

The afternoon closed with the announcement of the cookie bake-off winners.

First place went to 3rd Battalion, 4th Infantry Regiment; second place was 4th Battalion, 70th Armor Regiment; and 1st Battalion, 84th Infantry Regiment, took third.

Open forum answers a mixed bag of questions

At the Baumholder community town hall Aug. 24, Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, and his staff, along with Lt. Col. Steven Fandrich, 107th Infantry Brigade Combat Team rear detachment commander, fielded questions during the open forum.

Questions ranged from spigots on fire hydrants, snow shovels and smoke detectors to child care, tall grass and cursing Soldiers.

Below are just a few of the issues covered:

Q. When will the parking lot at Smith Elementary School be finished?

A. "Work is being done at the moment. All that stuff will be cleared out by Monday so that buses can come in. So do not worry about parking for the beginning of school next week," explained Command Sgt. Maj. Augustus Wah, U.S. Army Garrison Baumholder command sergeant major.

Comment: A thank-you went out to the Smith Child Development Center. "Your center is so welcoming and your staff is beyond helpful. Thank you for all you do," commented a community member.

Q. Why is there only one bus that goes to Landstuhl for a shuttle service to families? It

only takes them at 9 a.m. and picks them up at 3 p.m. Can we add more services? Some of us do not drive and this is the only means of traveling there besides taking a Taxi.

A. "We do have a shuttle bus that goes there, but due to expenses, we can only offer it once a day," said McAdoo. "If we can get the ridership up, then we can increase the times that the shuttle drops off/picks up. That's the best we can do right now," he said.



Q. When can we expect to get a water source for the Baumholder community garden? All that is needed is a hydrant adapter for the fire hydrant.

A. "Okay, that makes sense, we can do that. We can add a spigot to the hydrant for you,"

said McAdoo.

Q. How long will it take to get a storage shed put in at the community garden?

A. "That's a good question, let me know what you want and we can look into it, we have

See Questions on page 10

Baumholder Worship Center

www.worship-center-baumholder.de

Service Times:

Sunday International Worship - 11 a.m.

Tuesdays Prayer and Bible Studies - 7 p.m.

Fridays Spanish Worship Service - 7 p.m.

German/Spanish home Bible Studies - 8 p.m.

Pastor Harry & Cristina Rodriguez, Jr.

Überm Weiher 2 | 55774 Baumholder

Tel. 06783-1850980 | Cell: 0157-79105550

Email: pastorharryrodriguez@hotmail.com



Questions

Continued from page 9

to talk to the school and make sure they are OK with placing a shed there, because, again, it was their land they donated, so all things go through them first," said McAdoo.

Q. I wonder if there is any possibility to make the ways to school safer for small children who have to cross the street to get to school — maybe an MP vehicle?

A. "We have speed restrictions, we have crossing walks, we have MP's some times that can provide patrol out there. I'm not sure what else you are looking for, please elaborate," said McAdoo.

Comment: At the beginning of the year we had MPs out, then it stopped, then we had volunteer crossing guards, then that stopped. We need consistency so kids can go safely.

A. "MPs will be there at the beginning of the year to remind people, but they have to patrol the post, I don't have the manpower to have them sit and do this every day. I encourage volunteer groups to keep volunteering their time to walk the kids across the streets at the crosswalks," said McAdoo.

Comment: Teachers are usually out at the crosswalks in front of Smith Elementary School in the morning and afternoon, but sometimes they are not.

A. "The teachers are there for transitions from classes. Our jurisdiction ends at the crosswalk. But we can get together and talk about what we needed

to do, to possibly extend that for our walkers, please come see us about this so we can go ahead and look into this for you," said Sue Morin, Smith Elementary School principal.

Comment: There are no smoke detectors in building 8060. We will also need snow shovels, but we have none.

A. "DPW will have the correct amount if you need snow shovels. See housing about having smoke detectors installed," said McAdoo.

Q. After the stairs were replaced in front of Building 8017, we have been having lots of soil erosion which has left large trenches on the sides of the stairs. How do we fix this?

A. "We will have DPW and housing take a look at this as soon as possible. If there are others please let us know so we can take a look at all of them."

Q. When is the grass going to be cut at the track?

A. "As you may know, we have limited grass cutting resources. It's on a two-week rotation. Some areas are only every three weeks. OK we'll see where we are and see if we can get them to cut more frequently over there," said McAdoo.

Comment: Preschools do not have enough slots for children.

A. Bonnie Phelps, Child, Youth and School Services director answered, "We have placed over 200 kids in the last month. We have been calling people who were on our waiting list. We have two classes —

preschool and strong beginnings. My understanding is they have called all of our parents that were on the list. We have a lot of people that come in the CYSS office. Please call Jason Kearney at mil 485-7003 if you haven't been called.

"The Health Clinic CDC, which has a 97-person capability, is still not open. We are limited to Wetzel and Smith CDCs and the annex. We do morning and afternoon services, and that is all we could get by the Army and fire system requirements. We have no other places."

Q. What's the update on the dispensary CDC? When will it open?

A. "We heard it will open in February 2012, but it is not confirmed yet," said Phelps

Q. The Family Readiness Center is not stroller friendly. The center is too crowded and Soldiers are cursing with family members there. It is not family friendly.

A. "We understand it's not a perfect building but it's centrally located for everyone. Unfortunately there are Soldiers in and out all day long. I can control the language at times and other times I can't. If we need to look into a ramp for strollers, we can look into that. Soldiers will assist you in and out of the facility with your stroller if you ask them," said Lt. Col. Steven Fandrich, 170th Infantry Brigade Combat Team rear detachment commander.



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Marking careers' end, honoring service

By Chrystal Smith
*U.S. Army Garrison Wiesbaden
Public Affairs Office*

A sense of completion and satisfaction filled three Wiesbaden master sergeants upon formally bidding farewell to two decades of Army service.

Master Sgts. Joseph Williams, Bonifacio Cabradilla and William Trabucco were honored in a community retirement ceremony Aug. 25 at the Community Activity Center on Wiesbaden Army Airfield before family, friends and colleagues for their achievements in military service to the nation.

"I accomplished everything I wanted to do in the Army," said Trabucco, U.S. Army Garrison Wiesbaden directorate of emergency services, who served 20 years. "It's something I always wanted to do growing up."

"It just felt right. It was the time to do it," said Williams, 5th Signal Command, about

the decision to retire and having recently aided his unit in its relocation from Mannheim to Wiesbaden.

"I retired for the family ... to spend more time with my 8- and 9-year-olds," said Cabradilla, 66th Military Intelligence Brigade, of his reason for retiring now.

And while they all arrive at the end of their career with an immense sense of fulfillment, one remembered a pivotal point that influenced his decision to continue on.

"When I met her I realized there's more here," said Williams who recalled a time when he lacked focus and discipline, but got on the right track upon meeting his wife. "I wanted to be better for her."

Cabradilla recalled a time when his motivation was challenged by a mood of stagnation, and almost affected his stay in the military.



Photo by Chrystal Smith

Master Sgts. Joseph Williams (from left), Bonifacio Cabradilla and William Trabucco bow their heads for the invocation before an assembly of family, friends and colleagues during a retirement ceremony Aug. 25.

"In 1995 while I was stationed at Fort Campbell, the feeling was different than now. I could not see progress. There was nothing to challenge me," he said, adding that a follow-on assignment to Japan boosted his motivation to remain until now.

"That organization had a good impact on my career."

Among the number of successes the Soldiers recorded, taking care of troops was high on their lists.

"I brought all 32 Soldiers home safe. Most fulfilling thing

I've ever done," said Trabucco of his deployment to Iraq, the "best and scariest" time of his career."

"I always liked working with the young Soldiers," said Williams, as he recounted the tasks of first sergeant duty and running the Boston Marathon (his wife pointed out that he was also honored as an Audie Murphy recipient). "It was great helping Soldiers and Families overcome difficulties.

And with plenty of experience with deployments, range time, troubled troops, ancillary training, Soldier time and PT, the sentiment was the same for them all, even their spouses.

"I love the military lifestyle. ... Hopefully we won't miss it," said Annikka Trabucco. "This was more fun," added her husband.

"It was a great honor to have been a part of it," said Cabradilla.

"It's been a great job," said Williams.

Children's eye care: Helping students succeed in school

By Wendy LaRoche
*U.S. Army Public Health
Command*

One of the best ways to help your children in school is to ensure their vision has been checked at least every two years by an eye care professional.

Vision and eye health are key to a student's ability to do well in the classroom and when studying at home. Children with poor visual skills may struggle to read, have a short attention span, perform poorly in sports and develop low self-esteem. In most cases, unless a child complains about a vision problem, parents don't ask questions concerning their vision.

Some common signs that may indicate a problem are tearing, squinting, unusual light sensitivity, eye redness or discharge, a jiggle in one or both eyes, persistent head turning, frequent headaches, droopy eyelids or a misalignment of the eyes. As with any condition, earlier diagnosis leads to better outcomes. Other signs to look for are changes in your child's academic performance, including trouble focusing on

reading, reversals in writing and reading, and holding reading materials closer than normal. Talk with your child's teacher and primary care physician.

Taking advantage of regular screenings is one way to check your child's vision. Many elementary schools offer vision screenings that are carried out by volunteer professionals, school nurses and/or properly trained persons. These screenings detect the more common eye and vision problems (near-sightedness, etc.) in children.

If you suspect your child may have a vision problem, make an appointment with an

eye-care professional, either an optometrist or ophthalmologist. Take the screening information with you, as it will be beneficial when assessing your child's vision. Although screenings are an important way to determine changes in vision, they are not a complete eye exam and do not evaluate eye health.

The American Optometric Association recommends that all children receive a professional eye and vision examination at

critical stages in their visual development. These critical stages are by 6 months of age, 3 years, before first grade and every other

year between the ages of 6 and 18. Tricare Prime, Standard and Extra cover vision screening for children up to age 6 during well-

child exams. For school-aged children beyond 6 years of age, generally Tricare covers yearly exams for active-duty Families.

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Retired (Maj.) Cecil White, author of "Give Me My Spirit Back: The Last of the Buffalo Soldiers," talks to Wiesbaden Soldiers about his experiences of fighting in Italy during World War II.

WWII veteran: Wiesbaden military community retiree, author shares his combat, civil rights experiences

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

If you ask Cecil White what his biggest contribution to the world has been in his 90 years of living, he will tell you he is "the man who changed civil rights for America and the world."

And while much of the world may not know the Selma, Ala., native and Buffalo Soldier, he declares that it should.

He was 10 years old when he got a rude introduction to inequality. After chiding a playmate for poor play in a friendly neighborhood baseball game, his brother warned him that he could not speak to a white person the way he did.

"I said, 'Why can't I?'" said White as he recalled the conversation. "He said, 'Because he's white that's why. ... He's better than we are.' I said, 'What does white have to do with anything? ... Until he can play baseball better than I play baseball, he will never be better than me.'"

White said that even at an early age he realized something

needed to be done to change that flawed thinking.

A year later White was again shocked to learn the justice system punished blacks more severely than whites even when they committed the same crimes.

"God doesn't like that, and when God does not like something, he has provided a means of dealing with it," said the son of an independent farmer, who remembered that his father advocated getting an education. "I remembered my father saying that education makes everybody better."

So White's plan was simple. He would educate himself and his family so that he would be prepared when the opportunity came to affect change.

Opportunity knocked

White went on to study at Tuskegee University, earned a pilot license by age 20 and was commissioned in the U.S. Army. When that opportunity knocked at the age of 24, White was ready to respond.

Before deploying for combat in Italy in 1945 during World War II, White was asked how to improve the morale of black Soldiers at Camp Patrick Henry in Virginia.

"We need to see right here what we will be fighting and dying for," said White, referring to the inequalities blacks faced in the United States at the time.

This remark would shortly thereafter fall upon the ears of President Franklin D. Roosevelt and ignite his civil rights activism to integrate the U.S. military. "The president accepted my answer," said White and shortly thereafter the camp was integrated.

White's next test was ahead in battle. He needed to prove that black Soldiers were as courageous and competent as whites in combat, he said.

Assigned to the Buffalo Division, and deep in his first battle by November of the same year, he was fighting his way through the Italian Alps with a machine

gun platoon looking to take a hill designated as Georgia.

"This was my first battle, and I was trying to be a good combat lieutenant," said White as he rattled off the statistics for the unfavorable mortality rate of machine gunners. His order to commence firing fell upon deaf ears three times; he then anxiously took hold of the gun

"We need to see right here what we will be fighting and dying for."

and began to fire on target.

Then the rest of his gunners got on their guns. "They were super," he said, "I'm glad they did it like that, because when you go into battle again you got to have two plans—the one that you expect your men to follow and one when they don't do it."

Company F took the objective, and White's unit shifted fire to the next objective and broke up a counterattack by taking out some of the enemy. After 20 minutes of firing, a ceasefire order came from his executive officer. The division commander was impressed with

his unit's execution and authorized the lieutenant the choice to receive a Silver Star or a First Lieutenant Combat Badge and R and R to Rome, the executive officer informed White.

"I'll take the second part," White said he told the executive officer. "I wanted to go to Rome," said White.

Upon his return, leaders reassigned White to a first platoon. Having successfully commanded the second platoon, leaders hoped the change would inspire a better performance from the unit as it tried to breach the Gothic Line, which leaders established after the fall of Sicily in 1943.

Battle that changed the world

In 1944 American 5th Army and British 8th Army moved against the line to no avail. The 10th Mountain Brigade also met with no success after pushing against the stronghold twice.

Division staff allegedly messed up an exercise and some

See WWII veteran on facing page



Photos by Karl Weisel

Leading the way in fight against flu

The Wiesbaden Health Clinic's Lt. Col. Chad Gooderham (above right) and Sgt. Corey Parker (left) administer influenza vaccines to the U.S. Army Garrison Wiesbaden command team, Col. Jeffrey Dill (left) and Command Sgt. Maj. Hector Prince Sept. 9. The vaccine is now available at the clinic from 8 a.m. to 3:30 p.m. Monday to Thursday and Friday from 8-11:30 a.m. for all military community members. Vaccinations will be provided at local School Age Centers and Child Development Centers Sept. 19-27. It will also be available at the Wiesbaden Army Lodge from 11 a.m. to 1 p.m. Sept. 19, at Mainz-Kastel's Building 4502 Sept. 28 from 11 a.m. to 1:30 p.m. and Main-Kastel's Building 4502 from 11 a.m. to 1:30 p.m. Oct. 4. A team will visit Wiesbaden High School from 11 a.m. to 1:30 p.m. Sept. 28 and Wiesbaden Middle School Oct. 19 from 11 a.m. to 1 p.m. The Amelia Earhart Complex will get a visit from the influenza vaccine team on Oct. 19 from 11 a.m. to 1 p.m.

WWII veteran

Continued from page 12

Soldiers died as a result, White said. Unfortunately, the Buffalo unit caught the blame and the news media reported it, which made it difficult for members to appeal. "But I stayed up front to protect the reputation of the black Soldiers ... and when they found out they changed it," he said.

White said he figured the coming battle to be the one that would affect the complete integration of the Armed Forces and eventually the United States.

"We got about as much a chance at winning as a snowball in hell ... but as God is on my side, I will be the first snowball in hell that never did melt," said White.

To White, the issue was clear: "The only way that I'm going to live is that I have to win," he said.

There were two lines and the defensive line was to be held at all costs, he said. Not having made any forward progress in six months, April 5, 1945, would be the day to change history. The Army put a high concentration of assets in the area to fire away at the line of hills in the Alps.

White and his company shot cover fire to give the lead company a chance to advance against the primary target. No longer able to shoot, White and his unit followed behind. The enemy moved to reinforce the position of the primary hill vacating another critically aligned hill.

White thought his lead company had gained ground, so he and his unit moved. The faulty radio

did not allow communication with the commander. Believing the commander was successful, White headed to the hill and anticipated a reunion. Swapping out his rifle for a machine gun, White moved with his men up the vacated hill, which was beyond the long held position of the Gothic parallel.

"I knew the enemy had a plan to kill all of us, not some of us," said White, keeping his eyes on the open bunkers. "They threw about eight grenades in our direction ... every grenade they threw went over our heads. That was done deliberately ... The enemy wanted all of us to hit the ground and protect ourselves from the grenade, and while we were down there he was going to come out there with that burp gun and those machine guns. That was the only way they could kill all of us.

"But I kept my eyes on that open bunker, and when they got halfway out I let them have it with my machine gun. I killed every enemy soldier that surfaced."

During the battle, however, a mine critically injured White and he was taken out of battle. His courage in battle inspired the entire Army, White said.

"A black guy doing something that all those white Soldiers couldn't do. It fired up every one of them. Every white soldier was motivated by what I had done. ... There wasn't any jealousy. I did it and made

it look easy," he said with pride as he got the news of the Allied Forces' progress while bandaged in his hospital bed. "They cut the mustard all across Italy."

In 28 days, all points in Italy were accomplished, as well as Switzerland, Austria and eventually Berlin. "And they couldn't move until I took that first objective," said White, who likens the battle to the biblical clash of David and Goliath.

"And this was that battle that motivated 400,000 Soldiers. ... This battle changed the whole world after that. It brought about the integration of the U.S. Armed Forces ... the election of President Truman ...

integration of public schools ... the Civil Rights revolution ... it brought Martin Luther King Jr. into the Civil Rights revolution.

"I believe God prepared me for this from the very beginning. There's no question about it ... he prepared me for that battle," he said.

White retired from military service in 1965, and returned to the United States where he taught high school

for one year. He then returned to Germany and has resided here since. He published the first edition of his autobiography "Give Me My Spirit Back: The Last of the Buffalo Soldier" in 2000.

He currently lives near Mainz.

"I grew up where racism was as thick as mud," he said.

"But I kept my eyes on that open bunker, and when they got halfway out I let them have it with my machine gun. I killed every enemy soldier that surfaced."

Leaders honor notable customer service

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Hector Prince and Col. Jeffrey Dill, commander, recognized eight individuals Aug. 31 for outstanding customer service during the month of August.

One Soldier and seven civilian employees were honored for their overall efforts to provide remarkable customer service. The civilians received certificates of appreciation and a \$250 cash award, and Soldiers received a commander's coin and a three-day pass.

The following people were acknowledged by coworkers and customers who submitted

comments to the Interactive Customer Evaluation System:

Christopher Aune, Directorate of Logistics, Wiesbaden Dining Facility food service worker, was recognized for "continually working above standards ... striving for professional growth ... and demonstrating dedicated service and commitment."

Sooriya Boopathy, Directorate of Public Works housing management assistant, was noted for going out of her way to assist customers and provide "excellent" customer service.

Bradley Hagan, Directorate of Family, Morale, Welfare

and Recreation Child, Youth and School Services assistant director, added new programs and reorganized existing ones to boost the experiences children take away from participating in CYSS sports.

Chowdhury Ishtiaque, Directorate of Logistics administrative support assistant, was recognized for being a "valuable and impeccable asset" to the DOL Plans and Operations section.

Sgt. 1st Class Anthony Marshall, noncommissioned officer in charge of Directorate of Plans, Training, Mobilization and Security, has proven himself to be a "genuine asset" to the DPTMS team and is noted as being "dedicated to excellence and high-quality customer service."

Edith McDaniels, Directorate of Logistics, Wiesbaden Dining Facility food service worker, was esteemed for her commitment to duty and service which ensured outstanding customer



Aune



Boopathy



Hagan



Ishtiaque



Marshall



McDaniels



Ruese



Williams

service to patrons of the DFAC.

Gabriele Ruese, Directorate of Logistics Installation, Property Book supply technician, was recognized for significantly enhancing her work center's overall productivity rate; making it one of the best operating divisions within its directorate.

Mashonda Williams, Directorate of Logistics Central Issue Facility supply technician, boasts a 99 percent satisfaction rate as the supervisor in the CIF and is noted for showing

flexibility and making extra efforts to meet Soldiers' needs in support of the garrison and tenant units in the community. "She is outstanding."

Nominations are submitted monthly to the Directorate of Plans, Analysis and Integration Office and are evaluated by a special committee that comprises representatives from garrison directorates and staff agencies who vote on submissions. Call mil 337-6337 for more information.



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For more information contact
Special Events 0611-408-4308

Facebook.com/wiesbadenfmwr

Community notes ... Community notes

Movie Night

The Family Advocacy Program invites adults to a screening of the movie, "The Burning Bed," in commemoration of Domestic Violence Awareness Month Oct. 12 at 7 p.m. at Texas Str. 57, Building 7780 in Hainerberg Housing. Call civ (0611) 408-0234 for more information.

Hispanic Heritage Program

The 2nd Signal Brigade hosts the 2011 U.S. Army Garrison Wiesbaden Hispanic American Heritage Month Program Sept. 23 from 11:30 a.m. to 1 p.m. at the Wiesbaden Fitness Center. The free event will feature a live band, door prizes and food samples.

MOPS welcomes you

Mothers of Preschoolers meets the second and fourth Wednesday of the month at the Wiesbaden Army Airfield Cha-

pel. Mothers from pregnancy through kindergarten are invited to share their experiences. Nursery and child care are provided. Email wiesbadenmops@gmail.com for details.

Lutheran service

A Lutheran service is held Sundays at 8:30 a.m. in the Army Community Service conference room in Hainerberg Housing. Enter through the rear of the ACS building by the Hainerberg Chapel office wing. Call Chaplain Mark Moss at mil 337-5822 for details.

Holiday greetings

Mark your calendars to send holiday greetings to be aired on local television stations in the United States during the holiday season. Members of the Hometown News Service team will be at Wiesbaden's Army Lodge Sept. 15 from 11 a.m. to 2 p.m. and the Wiesbaden Entertain-

ment Center Sept. 15 from 3-7 p.m. to record greetings. Service members must be in uniform.

New library hours

Starting Sept. 30 the Wiesbaden Library will have new hours — Monday to Thursday 10 a.m. to 7 p.m., Friday and Saturday 10 a.m. to 5 p.m., U.S. holidays noon to 4 p.m.

Resilience classes

Army Community Service offers resilience classes for family members and civilians monthly from 11:30 a.m. to 1 p.m. at the ACS conference room in Hainerberg Housing. Upcoming classes are Oct. 25, Nov. 22 and Dec. 20. Call Sherri Davenport at mil 335-5254 or email sherri.davenport@eur.army.mil to reserve a space.

Help is waiting

Need someone to talk to about stress, depression or anger management issues. Military Family Life Consultants offer free, private and confidential support. No records are kept and help is available from a licensed and certified psychologist. Call civ (0175) 617 5799. After hours and weekend appointments are available.

SKIES classes

Enroll now for upcoming Schools of Knowledge, Inspiration, Exploration and Skills classes including tae kwon do, swimming, horseback riding, musical theater, voice, piano, guitar, percussion, fashion drawing, sewing, modeling, photography, dance, art, culinary arts and driver's education. Call Parent Central Services at civ (0611) 705-7928 to make reservations.

First aid class

A standard first aid class with CPR/AED for adults and children will be offered Sept. 17 from 8 a.m. to 5 p.m. at the American Red Cross in Building 1023E, Room 223, on Wiesbaden Army Airfield. Call mil 337-1760 for details.

New Parent Support Program events

The New Parent Support Program hosts various events including Baby Wearing for infants up to 24 months old the first Wednesday of the month from 11:15 a.m. to noon; Daddy and Me Play Date for children ages 1-3 Oct. 7 and Dec. 23; a Pregnancy Wellness Group for all pregnant women the second Wednesday of the month from 10-11 a.m. starting in September; a Mommy and Daddy 101 Newborn Care class the first Tuesday of the month from 9 a.m. to 4 p.m. starting in September; and a Pregnancy Wellness Group

for Active Duty Women the second Wednesday of the month from 7:30-8:30 a.m. starting in September. Classes will be held at the Yellow Ribbon Room (Texas Str. 57 in Hainerberg Housing) except the Pregnancy Wellness Group which will meet at Andrews Federal Credit Union on the airfield. Call mil 335-5234 or civ (0611) 408-0234.

Emergency Placement Care

The Wiesbaden Family Advocacy Program seeks loving families to provide short term foster care for military children. Call mil 335-5234 or civ (0611) 408-0234 to get involved.



Photo by Karl Weisel

Ribbon cutting marks opening

Doris Bowen (from left), Lt. Col. Tony Tidwell and Michael Robinson cut a ribbon to officially open the new Educational and Developmental Intervention Service/Social Work Services Building on Wiesbaden Army Airfield Sept. 8. "This is a great opportunity to re-introduce EDIS and Social Work Services and what they can do for the community," said Tidwell, Wiesbaden Health Clinic commander. The \$1.1 million project began in December 2010 and was completed this summer, said Rolf Burger, project manager with the Facility Management Division.



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Photo by Chrystal Smith

Connie Plenge, laboratory scientist, examines a specimen under the microscope in the Wiesbaden Health Clinic lab. The lab analyzes specimens of all types to identify the presence of foreign bacteria and other microorganisms to confirm diagnosis of diseases that are preventable with proper vaccinations that eligible individuals can get at the Wiesbaden Health Clinic before traveling.

Travel medicine

Get proper vaccinations before going afar

By Wendy Brown
Special to the Herald Union

A quick scan of travel notices on the Centers for Disease Control and Prevention website warns people of outbreaks of malaria in Greece, rabies in Bali and yellow fever in Brazil.

It is enough to make a traveler nervous, but there is a place to turn to for help locally.

The Wiesbaden Army Health Clinic has appointments available for people to get advice on how to stay healthy during trips to any country in the world, said Edna Garcia-Kelley, U.S. Army Garrison Wiesbaden public health nurse.

Although people most frequently ask for health reviews before traveling to places such as Africa, Asia and Central America,

the clinic can conduct a review for people traveling anywhere, she said.

Most members of the military community, including active duty military personnel, civilian personnel and their families, are eligible to make appointments, but people should make sure they are eligible for the appointments when they call, Garcia-Kelley said.

It is also important to make an appointment for each family member going on the trip, she said. The program is completely voluntary.

The appointments are not available for people traveling on orders or on temporary duty, Garcia-Kelley said, but the trip does not have to be purely for fun. People traveling for missionary

purposes, for example, can also take advantage of the appointments, she said.

Ideally, people should make the appointments six weeks in advance of the trip, Garcia-Kelley said.

To make an appointment, people can call the central appointment line, Garcia-Kelley said. Make sure to state the purpose of the appointment, she said.

During the appointment, the clinic will provide health information about the country, conduct an immunization review and recommend immunizations if any are needed, Garcia-Kelley said.

It is necessary for people to bring their immunization records to the appointment, Garcia-Kelley said.

Otherwise, it is impossible to know which immunizations people

might need when traveling to a particular country. People should be able to find their immunization records in their medical records, Garcia-Kelley said.

Sometimes, however, people will sometimes find their medical records are not complete, Garcia-Kelley said, and that can complicate the process. For that reason, it is a good idea for people to keep copies of their immunization records, she said.

Appointments can last anywhere from 10 minutes to an hour, Garcia-Kelley said. The time involved usually depends on the completeness of a person's medical records.

For more information about travel health and safety, visit www.wnc.cdc.gov/travel/ or travel.state.gov for travel advisories.

Seeking care

When traveling, whether in the United States or in another overseas location, it is important to follow rules specific to the enrollee's program for seeking care. The following guidelines will help ensure timely claims processing for active duty service members and family members enrolled in Tricare Overseas Program Prime or TOP Prime Remote.

Active duty service members traveling or between duty stations must seek all nonemergency care at military treatment facilities whenever possible. Prior authorization is not required if seeking emergency care. Primary care, which includes routine health and dental visits for treatment and ongoing care, should be handled before one travels or postponed until the traveler returns home. Failing to receive the required authorization prior for care may result in one's claim being denied.

In an emergency, go to the nearest emergency care facility or call the medical assistance number for one's specific region. Contact the TOP regional call center before leaving the facility, preferably within 24 hours or on the next business day.

Prior authorization is not required for emergency care. If possible, service members traveling overseas should contact the local TOP regional call center before seeking care or before making payments.

Traveling overseas

In an emergency, family members should go to the nearest emergency care facility or call the medical assistance line for the region where you are traveling. If admitted, the patient must call their primary care manager or TOP Regional call center before leaving the facility, or within 24 hours or on the next business day to coordinate authorization, continued care and payment. Beneficiaries based in the United States who seek routine or urgent care while traveling overseas must receive authorization from their PCMs or stateside contractors. Emergency care does not require prior authorization and the claim should be filed with the TOP claims processor.

Doctors advise regular

By Maj. Matthew Springer

Wiesbaden Army Health Clinic Pediatrician

"An ounce of prevention is worth a pound of cure."

How many times have we heard this quote? Quite a few times and it may sound like a broken record.

As one of the pediatricians at Wiesbaden Army Health Clinic, I believe in this statement; especially when it comes to taking care of our future leaders — our children. One of the ways our clinic offers preventive health screening is during well-baby visits.

A well-baby visit is scheduled as soon as two weeks after a

baby is born. During this visit, a newborn screening is completed.

Succeeding visits focus on the child's general health, growth, and development.

During this time, scheduled immunizations according to the guidelines published by the Centers for Disease Control and Prevention are administered if the child has no contraindications.

A completed Ages and Stages Questionnaire is also discussed with the parents or guardian and is forwarded to the Educational and Developmental Intervention Services department for further review. Body Mass Index is also

Travel in United States

In an emergency, call 911 or go to the nearest emergency care facility. Notify your primary care manager or TOP Regional call center before leaving the facility, or within 24 hours or on the next business day to coordinate authorization, continued care and payment.

Please contact the TOP Regional call center before leaving the facility, or within 24 hours or on the next business day to coordinate authorization, continued care and payment.

Remote beneficiaries should contact the local TOP regional call center before seeking care or before making payments.

Failing to receive the required authorization prior for care may result in one's claim being denied.

To receive a well-baby visit, a newborn screening is completed. Succeeding visits focus on the child's general health, growth, and development.

TOP Prime

Health Bene Award

...e while traveling

in the States

emergency, call to the nearest y room. If you ted, you must ur TOP regional before leaving y, or within 24 n the next busi- to coordinate ion, continued yment.

note:

is a TOP Prime y and urgent cannot wait until s home, contact or TOP regional for assistance. is a TOP Prime eficiary and ur- ent cannot wait, contact the TOP

all center for assistance before receiving care. to obtain a prior authorization may cause care ed under the point-of-service option, resulting out-of-pocket costs.

ive routine care in the United States, TOP eficiaries are required to obtain referrals from before leaving the host nation or TOP area olled. If one is already in the United States, ld contact the assigned PCM to request the pon receipt of the referral, the TOP regional will then issue the enrollee an authorization routine care while in the United States.

ime Remote beneficiaries who wish to seek



Photo by Jennifer Clampet

In the unfortunate event that an eye injury or other medical emergency should occur while traveling, medical officials advise that Soldiers and Family members know who to contact to receive Tricare support.

routine care in the United States should call the TOP regional call center for the TOP area where they are enrolled to obtain a prior authorization before traveling. If one is already in the United States, they should contact the TOP regional call center for the area of enrollment using the international direct dial or stateside toll-free numbers. The TOP regional call center will then issue an authorization for routine care while in the United States if appropriate care is not available at the remote location where one lives.

For more information on seeking care while traveling, visit www.tricare-overseas.com. Below are some helpful numbers to have should you require medical assistance while traveling almost anywhere in the world.

checkups to keep children healthy

calculated using the height and weight charts after the child is 2 years old.

What is a Body Mass Index?

According to CDC, "BMI is a number calculated from a child's weight and height. BMI is a reliable indicator of body fat-ness for most children

and teens. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. CDC and the American Academy of Pediatrics recommend the use of BMI to screen for overweight and obesity in children beginning at 2 years old." An abnormal value of BMI alone is not a diagnostic tool, but it can be useful

in determining risk for obesity and related medical problems. In children BMI is charted on a BMI-versus-age-growth scale and a percentile is determined based on normal values for other children of the same age. A healthcare provider will need to perform further evaluation and assessments.

Children who are overweight, particularly obese children are much more likely to develop obesity-related diseases later in life. These related diseases include hypertension or high blood pressure, high cholesterol, and diabetes. This, in particular, has become a very important health-care topic recently with the term the "obesity epidemic" being

used by prominent individuals such as first lady Michelle Obama.

Our team of healthcare professionals is standing by ready to assist you. Make that appointment by using Tricare Online, calling the Central Appointments at civ (0611) 705-6320, or visiting our Patient Administration Division after 7:30 a.m. (dependents of active duty) or 10:30 a.m. (dependents of civilians).



Photo by Lauren Moore

On-the-go QUICK REFERENCE MEDICAL CONTACT INFO

- Get care immediately if you have a medical emergency while traveling. You do not need an authorization
- You must have authorization before seeking non-emergency host nation care, or you will pay for some or all of the cost of the care.
- Be prepared to pay for host nation care up front while traveling and then filing a Tricare claim for reimbursement.

If traveling in Europe, Asia or Africa:

Regional call center: +44 (20) 8762-8384
Medical assistance: +44 (20) 8762-8133
Area office: +49 (632) 67-6314 Mil: (314) 496-6314

If traveling to Latin America and Canada:

Regional call center: +1 (215) 942-8393
Medical assistance: +1 (215) 942-8320
Area office: +1 (703) 588-1848 Mil (312) 425-1848

If traveling to the Pacific:

Singapore —
+65 (6339) 2676
Medical assistance: +65 (6338) 9277
Sydney —
+61 (2) 9273-2710
Medical assistance: +61 (2) 9273-2760
Area office: +81 (6117) 43-2036 mil (315) 643-2036

Additional Tricare Help

Wiesbaden Tricare Center: +49 (0611) 705-7191/6870
Baumholder: +49 (6XXXX) XXX-X-XXXX
Tricare North: 1-877-TRICARE
Tricare South: 1-800-444-5445
Tricare West: 1-888-TRIWEST

For country specific toll free numbers also visit
www.tricare-overseas.com/contactus

Sports shorts

Family Fun Run

Everyone is invited to the Make a Difference five-kilometer Family Fun Run Oct. 22 at 10 a.m. at the Wiesbaden Fitness Center. Check-in starts at 9:30 a.m. Help families in the community by donating toys and supporting the prevention of domestic violence. Call mil 335-5254 for details.

Walk/Run For Life

Baumholder's Hall of Champions, in conjunction with the Baumholder Health Clinic, features a Walk/Run For Life Oct. 15 at 9 a.m. All ages are invited. Call mil 485-7176.

Fishing courses

Wiesbaden's Hunting, Fishing and Sport Shooting program offers U.S. Forces fishing courses Sept. 19-23 and Nov. 14-18. Cost is \$60 per person or \$75 per family. Call civ (0611) 705-5760 for details.

Race for the Cure

This year's Susan G. Komen Race for the Cure to raise awareness about breast cancer will be held Sept. 25 starting at 10 a.m. on the museum row side of the Main River in Frankfurt. People can register in advance for the five-kilometer run or two-kilometer walk by visiting www.raceforthe cure.de or on the day of the race from 8-10 a.m. at the race site.

Krav Maga classes

Krav Maga self-defense classes are held Tuesdays and Thursday at 6 p.m. at the Wiesbaden Fitness Center. Stop by the center for details.

Total Body X-treme

Baumholder's Mountaineer Fitness Center features a high intensity training class suitable for all fitness levels Mondays and Wednesdays from 9-10 a.m. Call mil 485-7176.

Winter sports registration

Baumholder Child, Youth and School Services holds winter sports registration (basketball, cheerleading, wrestling, skiing and snowboarding) Oct. 3 to Nov. 18. Register at Parent Central Services.

HFSS events

Wiesbaden's Hunting, Fishing and Sport Shooting Program holds a Hunter's and Angler's Stammtisch at the Rheinblick Recreation Center at 11 a.m. Sept. 18, an Honor Shoot and Sport Shooters Meeting at the Schuetzenhaus in Moerfelden-Waldorf at 6:30 p.m. Sept. 20 and a National Hunting and Fishing Day Celebration Open House at the McCully Barracks Range from 10 a.m. to 3 p.m. Sept. 24. Call mil 337-5760.

Golf tourney

A golf tournament will be held Sept. 30 at the Rheinblick Golf Course. Cost is \$45 per person, including golf club rental, golf cart use, range token, food and entry into the tourney. Call Sgt. Peter Azic-Damitio at mil 347-3670 or civ (0163) 257 6168 for details.

Youth soccer

The U.S. Youth Soccer-Olympic Development Program and German Bundesliga Club FC Kaiserslautern invite all youths born in 2001 and 2002 to train at their facilities for free Sept. 18 with advice from U.S. and German coaches. Email usysheidelberg@googlemail.com for more information.

Water aerobics programs

Baumholder's Aquatics Center features a water aerobics class on Tuesday and Thursdays from 6-7 p.m. and an aqua jogger class Fridays from 11:45 a.m. to 12:45 p.m. Call mil 485-7093.



Runners take off at the start of the Wiesbaden 25-Hour Run Sept. 10. Photo below: German and American runners make their way around the roughly one-kilometer course.

Running for friendship

Americans join German neighbors in 25-hour charity race

Story and photos by
Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

As the sun rose over Wiesbaden's Kurpark Sept. 11, people scrambled out of sleeping bags to see who was still on the track a few hours before the end of Wiesbaden's 25-hour run.

Some 86 U.S. military community runners were among the hundreds of athletes who turned out for the seventh annual charity event, organized by the Wiesbaden Sport Organization (WISPO) to promote the development of young athletes.

U.S. military participation included three "fun" teams (U.S. Army Garrison Wiesbaden/485th Intelligence Squadron, 5th Signal Command and German-American Police) with 25 people each, one competitive team (Wiesbaden Health Clinic) with 10 members — and one individual runner.

"I am really proud to see so many runners who are tired, but happy," said Wiesbaden Lord Mayor Dr. Helmut Müller during the awards ceremony at the run's conclusion.

After 25 hours, the 10 members of the health clinic's Road Hazards team, sponsored by the Dorint Pallas Wiesbaden, racked up a solid 312 laps around the just shy of one-kilometer Kurpark to finish in 16th place out of 25 competitive teams. That was eight laps more



than the 304 laps they had turned in the year before.

Among the fun teams, the combined U.S. Army Garrison Wiesbaden/485th Intelligence Squadron team (sponsored by USAG Wiesbaden's Family, Morale, Welfare and Recreation) ran the most laps among the U.S. military community teams, racking up 281 laps for 27th place out of 32 teams. The German-American Police team (sponsored by Auto Hollmann and Andrews Federal Credit Union) was 30th with 275 laps and the 5th Signal Command team (sponsored by Dow Corning GmbH) put in 272 laps to claim 32nd place.

Chris Wolfe, of the 102nd Signal Battalion, was back for his third 25-hour run — completing 137 laps. He was only outdone by his challenger from the year before, Jens Hilpert, who finished the event with 212 laps.

But winning wasn't the primary objective for the U.S. military community runners; the annual German-American

sporting event was another chance to demonstrate solidarity with German neighbors and thanks for continued support throughout the year.

As the event finished on 9/11, Col. Jeffrey Dill,

USAG Wiesbaden commander and one of the garrison's runners, reflected on the flood of sympathy and support by the host nation in the wake of the terrorist attacks on the United States on Sept. 11, 2001. Thanking the WISPO organizers and "the entire community for being such good friends," Dill referred to the "comforting and consoling" responses by German citizens in the days following 9/11.

"We're very proud to be here and a part of this community. Thanks to everyone for your friendship," said Dill. (For more photos from the 25-hour run visit the garrison's Flickr site at www.flickr.com/photos/wpao. To see individual lap times and team results visit the WISPO home page at www.chipzeit.de/ergebnisse/2011091101.aspx. Besides thanks to the sponsors, organizers also thanked members of Wiesbaden's Outdoor Recreation and the German-American Kontakt Club for their support.)



Photos by Chrystal Smith

Warriors versus Phantoms

Warrior defenders give chase as a Wiesbaden Junior Phantom returns the first Wiesbaden kickoff for a touchdown. Photo right: Daniel Harris attempts to gain yards against the Wiesbaden Junior Phantoms defense Sept. 10 at the former Camp Lindsay Flyers Field in Wiesbaden during the third Wiesbaden Challenge. The Warriors went on to win the friendship event, defeating the Wiesbaden club 26-6. The event is held to inspire friendship among the German and American youths in Wiesbaden through athletic competition.



Bowling them over at season's start

Dr. Robert Schloesser, Wiesbaden Family, Morale, Welfare and Recreation director, rolls the first ball to start the Winter FMWR Bowling League season. On Sept. 1 the annual FMWR Bowling League kicked off. All 16 lanes were filled with 76 people there for the weekly event. "This is the most participants our league has ever seen," boasted Schloesser. The league will meet every Thursday for the next 30 weeks.

Photo by Lisa Crews

'Bad Habits'

The Amelia Earhart Playhouse features the satirical, one-act comedies, "Bad Habits," Sept. 28 through Oct. 2. Call civ (0611) 816-2473 or mil 336-2473 for show times and reservations.

Yung Joc in concert

Navy Entertainment and Armed Forces Entertainment presents Yung Joc in concert Sept. 17 at 8 p.m. at the Wiesbaden Entertainment Center. Doors open at 7 p.m. An after party will be held starting at 12:30 a.m. Call civ (0611) 408-0388 for details.

Arts and Crafts Club

Baumholder's Child, Youth and School Services invites

youths in fifth to 12th grade to explore the wonderful world of creative arts and crafts in its EDGE Arts and Crafts Club. Events are held Fridays from 4-5:30 p.m. at the Creative Arts Center. Call mil 485-6851 for details.

Salsa Night

Head to the Wiesbaden Entertainment Center Sept. 23 for Salsa Night. Free for ID cardholders and their guests.

IMCOM photo contest

Local photographers have until Oct. 16 to enter this year's Installation Management Command Army Digital Photography Contest. Stop by

Wiesbaden Arts and Crafts of Baumholder's Creative Arts Center for details.

Museum Friendship Day

A German-American Friendship Day will be held at the Museum Wiesbaden Oct. 2 from 2-8 p.m. The museum, located across from the Rhein Main Halle on Wilhelm Strasse, will feature attractions for children, food, square dance groups, cheerleaders and more.

Outdoor Rec events

Baumholder Outdoor Recreation goes to **Munich's Oktoberfest** Sept. 17 and 24, **Roman Wine Fest** Oct. 7,

Malta Oct. 6-10, **Paris** Oct. 15 and **Euro Disney** Oct. 29. Call mil 485-7182 for details. Wiesbaden's Outdoor Rec offers trips to the **Oktoberfest and Neuschwanstein Castle** Sept. 17-18, **Munich Oktoberfest** Sept. 24 and **Calella, Spain**, Oct. 6-10. Call mil 337-5760 for information.

Ham radio license

Interested in getting a ham radio license? Before you can get on the air to communicate with others around the world, you'll need an amateur radio license, regulated by the Federal Communications Commission. Learn the rules and how to

operate safely. An FCC test session will be conducted by the American Radio Relay League Sept. 24 at 10 a.m. in Idstein (Motorola offices at Telco Kreisel, 65510 Idstein). To take the FCC test session bring a photo ID and \$15. Contact nr2y@hotmail.com for more information.

Pick own apples

Appel Happel, a farm in Mainz Marienborn, invites everyone out to pick their own apples, pears and walnuts. The farm also holds a Apple Party Fest Sept. 24-25 with pony rides, games and more. Appel Happel is located just off the A60 (Mainz Marienborn exit). Visit www.appelhappel.de for more information.

Things to do ... Things to do

Schoolbits

Wiesbaden school calendar

Wiesbaden Department of Defense Dependents Schools will be closed Oct. 7, 10, Nov. 4, 11, 18, 24, 25 and Dec. 19-30.

Baumholder school calendar

Baumholder Middle High School will be closed Sept. 30 during a teacher work day and all schools will be closed Oct. 10 for Columbus Day.

Hainerberg SAC

Hainerberg Elementary School's School Advisory Council meets Sept. 19 at 3 p.m. in the school library. Getting involved with SAC offers parents a forum for input into policies, procedures and practices at the school. Call mil 335-5354 for more information.

Wiesbaden College Night

Top colleges and universities from around the United States and Europe will be represented during Wiesbaden's second annual College Night Oct. 13. Members of the Wiesbaden Senior Parent Association seek individuals to represent their alma maters at the event. If you are willing to help, contact your college and request information materials on your school and email the Wiesbaden Senior Parent Association at wiesbadencollegefair@googlemail.com with your name, contact information and the name of your university. If you are not able to contact your college, the members of SPA can do so for you. More information is available at www.wiesbadenspa.com. SPA members ask that you respond by Sept. 26 and contact your alma mater as soon as possible.

Home school support

The Wiesbaden Area Teachers of Children at Home meet on the fourth Thursday of the month from 1:30-3 p.m. at the Tony Bass Fitness Center

conference room. For more information on WATCH send an email to lorriandalan@yahoo.com.

Free/reduced lunches

Don't forget that your children may be eligible for free or reduced-price school lunches. Pick up an application from your local school liaison officer, Parent Central Services or school.

MBA from Phoenix University

The University of Phoenix Europe offers classes leading to a Master of Business Administration. Register now for classes by calling Brandy Schraeder at mil 337-5940 or stop by the Wiesbaden Education Center in Building 1023E on Wiesbaden Army Airfield.

Show Me The College Money

Learn how to navigate the college application process and find money to pay for college at the Show Me the College Money workshops every first and last Monday of the month from 6:30-8 p.m. at the Teen Center in Hainerberg Housing. Sessions are open to students and their parents.

Career website

The Department of Defense's Joint Advertising Market Research and Studies program has launched a new website to help young people explore career opportunities. The www.myfuture.com website offers unbiased information about career, education and military options for youths age 16-24. The site provides details on more than 1,000 civilian and military career fields and nearly 7,000 accredited colleges and trade schools. In addition to college admissions details, average salaries and employment trends, myfuture.com provides advice on everything from taking the Scholastic Aptitude Test to interviewing for a first job to preparing for military training. (DoD News)



School health: Nurses recommend ways to keep students healthy

By Wendy Brown
Special to the Herald Union

Just as math and reading skills build on one another over the school years, so do good health habits, according to Wiesbaden school nurses.

In elementary school children need to learn the basics, such as good hand washing techniques, said Robin Harvel, school nurse at Aukamm Elementary School.

In middle school, when students receive more homework, backpack safety becomes important so students do not injure their backs, said Maresa Laxa, school nurse at Wiesbaden Middle School.

In high school, busy students want to avoid consuming too much caffeine and make sure they eat well, said Duangjai Solo-Foote, school nurse at Wiesbaden High School.

No matter what the grade, however, it is always a good idea to review previous years' lessons. As students return to school, good hand washing techniques, for example, are as important for first-graders as they are for 12th-graders.

It is also important that parents of all students make sure youths get a good night's rest and eat a nutritious breakfast, Harvel said.

Students can help stop the spread of germs by covering up coughs, Harvel said.

In addition, parents should keep students home if they have a fever of 100.5 degrees Fahrenheit or more, Harvel said. Students should not return to school until 24 hours after the fever is gone.

When students get to middle school, those same lessons apply, but the issue of backpack safety becomes important as well.

Laxa said she refers parents and students to a recent newsletter by John Pentikis, ergonomist for the U.S. Army Public Health Command, for tips on how to prevent back injuries from backpacks.

The Consumer Product Safety Commission reported 7,300 injuries due to backpacks in 2006, Pentikis wrote in the newsletter.

Backpacks should not weigh



Photo by Wendy Brown

Robin Harvel, Hainerberg Elementary School nurse, stresses the importance of good hand washing.

more than 10 to 15 percent of the student's weight, according to Pentikis. For a student who weighs 60 pounds, for example, the student can carry between six and nine pounds, but no more.

Backpacks should be as light as possible, match the size of the user, have wide, padded shoulder straps and include a waist strap, a padded back and a lumbar cushion, according to



Pentikis.

In addition, students and parents should pack heavier items in the center of the backpack, and evenly distribute weight by using all the backpack's compartments, according to Pentikis.

Students should always use both shoulder straps and the waist strap, and adjust the backpack so it is resting on the curve of the lower back, according to Pentikis.

Students should avoid resting the backpack more than four inches below the waist, Pentikis said.

Backpack safety continues to be important in high school, but new issues also arise.

Many parents of high school students do not know the problems associated with energy drinks, which are popular with high school students, Solo-Foote said.

Energy drinks contain a lot of caffeine, Solo-Foote said, and that can cause students to experience an energy rush immediately after drinking the beverage, and then experience an energy crash that will cause them to come to school drained.

One student a few years ago had a seizure after consuming too much energy drink, Solo-Foote said.

Breakfast skipping is also an issue with busy high school students, Solo-Foote said, and students should always eat breakfast before coming to school.

At every age, it is also necessary that students get plenty of exercise after school each day, Harvel said.

Parents also have a good place to go with any health-related questions, Harvel said.

"If you have any health concerns or questions, please feel free to contact your school nurse," Harvel said.



Kevin James is kindhearted zookeeper Griffin Keyes in this comedy about a man who seeks human companionship outside of his work environment in "Zookeeper."

At the movies Sept. 15-29

Baumholder, Wagon Wheel

Sept. 16 — Final Destination 5 (R) 7 p.m.
Sept. 17 — Transformers: Dark Of The Moon (PG-13) 4 p.m. Horrible Bosses (R) 7 p.m.
Sept. 18 — Larry Crowne (PG-13) 6 p.m.
Sept. 23 — Fright Night (R) 7 p.m.
Sept. 24 — Harry Potter And The Deathly Hallows – Part 2 (PG-13) 4 p.m. Bucky Larson: Born To Be A Star (R) 7 p.m.
Sept. 25 — Zookeeper (PG) 6 p.m.

Wiesbaden, Taunus

Sept. 15 — Bad Teacher (R) 7 p.m.
Sept. 16 — Transformers: Dark Of The Moon (PG-13) 7 p.m. Bucky Larson: Born To Be A Star (R) 10:15 p.m.
Sept. 17 — Kung Fu Panda 2 (PG) 4 p.m. Transformers: Dark Of The Moon (PG-13) 7 p.m. Bucky Larson: Born To Be A Star (R) 10:15 p.m.

Sept. 18 — Monte Carlo (PG) 4 p.m. Bucky Larson: Born To Be A Star (R) 7 p.m.
Sept. 19 — Bucky Larson: Born To Be A Star (R) 7 p.m.
Sept. 20 — Horrible Bosses (R) 7 p.m.
Sept. 21 — Transformers: Dark Of The Moon (PG-13) 7 p.m.
Sept. 22 — Horrible Bosses (R) 7 p.m.
Sept. 23 — Straw Dogs (R) 7 p.m. Harry Potter And The Deathly Hallows – Part 2 (PG-13) 9:30 p.m.
Sept. 24 — Zookeeper (PG) 4 p.m. Straw Dogs (R) 7 p.m. Transformers: Dark Of The Moon (PG-13) 9:30 p.m.
Sept. 25 — Zookeeper (PG) 4 p.m. Straw Dogs (R) 7 p.m.
Sept. 26 — Straw Dogs (R) 7 p.m.
Sept. 27 — Zookeeper (PG) 7 p.m.
Sept. 28 — Harry Potter And The Deathly Hallows – Part 2 (PG-13) 7 p.m.
Sept. 29 — Super 8 (PG-13) 7 p.m.



Humans join forces with machines to battle other "bad" machines again in "Transformers: Dark Of The Moon." Photo left: It's hunting season in this remake of the Sam Peckinpah thriller "Straw Dogs." This one is directed by Rod Lurie.

Movie plots

Zookeeper (PG) — The animals at the Franklin Park Zoo love their kindhearted caretaker, Griffin Keyes (Kevin James). Finding himself more comfortable with a lion than a lady, Griffin decides the only way to get a girl in his life is to leave the zoo and find a more glamorous job. To keep Griffin from leaving, the animals decide to teach him the rules of courtship — animal style.

Bucky Larson: Born To Be A Star (R) — A small-town nerd stumbles on a family secret: His quiet and demure parents were famous porn stars in the 1970s. This motivates him to leave northern Iowa for Hollywood, hoping to follow in their footsteps. Stars Nick Swardson and Christina Ricci.

Transformers: Dark Of The Moon (PG-13) — The Autobots are back in action against the evil Decepticons who are determined to avenge their defeat. In this new movie the Autobots and Decepticons become involved in a perilous space race between the U.S. and Russia, and once again human Sam Witwicky (Shia LaBeouf) has to come to the aid of his robot friends.

Straw Dogs (R) — Los Angeles screenwriter David Sumner (James Marsden) moves with his wife (Kate Bosworth) to her hometown in the deep South. Once there, tensions build in their marriage and old conflicts re-emerge with the locals, leading to a violent confrontation in this Rod Lurie remake of the original Sam Peckinpah film.

Fright Night (R) — Senior Charlie Brewster (Anton Yelchin) finally has it all going on: he's running with the popular crowd and dating the most coveted girl in his high school. But trouble arrives when Jerry (Colin Farrell) moves in next door. After observing some very strange activity, Charlie comes to an unmistakable conclusion: Jerry is a vampire preying on the neighborhood. Unable to convince anyone, Charlie has to find a way to get rid of the monster himself.

Final Destination 5 (R) — In "Final Destination 5," Death is just as omnipresent as ever, and is unleashed after one man's premonition saves a group of coworkers from a terrifying suspension bridge collapse. But this group of unsuspecting souls was never supposed to survive, and, in a terrifying race against time, the ill-fated group frantically tries to discover a way to escape Death's sinister agenda.

Super 8 (PG-13) — In the summer of 1979 a group of friends in a small Ohio town witness a catastrophic train crash while making a super 8 movie and soon suspect that it was not an accident. Shortly after, unusual disappearances and inexplicable events begin to take place in town, and the local deputy tries to uncover the truth — something more terrifying than any of them could have imagined. Stars Elle Fanning and Amanda Michalka.



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The Maginot Line

by **Nicole Karsch-Meibom**
Contributing writer

To learn about history there is no better way than to actually go and see it. A fascinating reminder of World War II is the Maginot Line in France.

The Maginot Line is 500 miles of fortifications intended to protect the borders from advancing German and Italian troops.



The machine room at Haut Poirier can still be visited.

Named after French Minister of Defense Andre Maginot, it ran parallel to the border. The forts were set several kilometers apart with defending casemates in between. Even though they were built as early as 1930, many fortresses, casemates and bunkers can even be visited as museums.

One of the best places to see these remarkable locations is the Thionville area in France — a two hour drive from Kaiserslautern. Here, you can find Fort Immenhof (www.maginot-immerhof.info/en), a four block fort with machine guns and mortar turrets.

Nearby, Fortress Hackenberg (<http://maginot-hackenberg.com/accueilanglais.htm>) in Vrecking is the largest and most impressive fortress with 17 combat blocks.

Visitors can see the munition storage area, engine room, barracks and kitchen as well as uniforms and weapons, an electric train to an artillery combat block and a 135mm howitzer turret.

Other military history sights are the Cattenom Forest Fortifications (<http://forticat.com>, in French only), which provide the opportunity to see every element contained in the Maginot Line, including Fortress (marked as “Gros Ouvrage” on the French signs), Galgenberg (an artillery ouvrage with six combat blocks), Fort Bois Karre (a mono-block fort with a machine gun turret), Fort Sentzich (a monoblock fort with a machine gun tur-

ret), Infantry Shelter Bois-de-Cattenom, as well as an artillery observation casemate — all just a few kilometers away. Within an hour’s drive of Thionville, there are many more reminders of the Maginot Line, such as the museum of Fortress Fermont (www.ligne-maginot-fort-de-fermont.asso.fr) and Fort Bambesch (www.kerfent.com/guides-dubambesch.htm, in french only), to name just a few sights.

Another area well worth visiting is the border town Wissembourg with two notable Maginot fortifications. Fortress Schoenenbourg (www.lignemaginot.com/menu14/indexen.htm) located at Schönbουργ near Bitche includes one of the best museums and has been carefully restored.

In the vicinity of the town of Lembach, you can find the Fortress Limekiln (<http://ligne.maginot.fac.free.fr/br/indexbr.html>).

To experience the forts of the Maginot Line, careful plan beforehand. Because many sights are maintained by volunteers, there are no consistent opening



Photos courtesy of maginotlinie.org

Fortress Schoenenbourg has been carefully restored and includes one of the best museums.

hours or days. Therefore, it is advisable to verify visiting times via the Internet.

Because there is no public transportation to the fortresses, visitors need their own vehicle for traveling. Also, it has been recommended to wear appropriate boots and outdoor clothing as the fortifications are still wartime installations. To view photographic impressions of the fortifications, visit <http://maginotlinie.org/index.php?language=en>. Also, check out www.maginot-line.com or <http://thetunnel.free.fr/maginote.html> for more information on the Maginot Line and its history.



Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Photo by Peter Witmer

Remembering September 11

Army JROTC cadets prepare to raise the flag at the Wiesbaden Middle School commemoration of the 10th anniversary of the terror attacks of September 11th, 2001.



Photo by Peter Witmer

National anthem

Students, Teachers, JROTC cadets and USAG Wiesbaden soldiers join together in respect during the national anthem.



Photo by Peter Witmer

CYS Services HIRED program

Assistant Coach Kayla Zellmer works with members of her "Pee Wee" team of 6 and 7 year olds. For Kayla working with the team is part of her CYS Services HIRED program experience.



Photo by Peter Witmer

Soccer time

Tiny Tots children ages 3-5 years old pose for a photo during their recent soccer practice.

Summer camp introduces youth to golf

Baumholder's Youth Sports and Fitness hosted a summer golf camp July 25 through 30 at the Rolling Hills Golf Course. Golf coach and pro Hugo Bottscher guided 10 youth, 8 to 15 years old, through the various elements of golf such as proper club grip, the right stance, choosing the right club for the right distance, body position, putting techniques and more. This was the first time that Youth Sports and Fitness offered the golf camp and because of its success they are planning on repeating it next year. The camp was five weeks long and cost the youth \$45 to be introduced to golfing by Baumholder's one golf pro.

Baumholder "Home of Champions"

Youth Activities



Photo by Karen Clemente

PGA...here we come. Noel Ramirez, Felix Luciano, Staden Brant, golf Instructor Hugo Boettcher, Ryan Harder, Keshun Simmons, Joseph Clemente and Nathaniel Black take a break for a group photo after a round of golf.



Photo by Karen Clemente

Joseph Clemente has some tricks of his own.



Photo by Karen Clemente

Hugo Bottscher gives Joseph Clemente some pointers.



Photo by Karen Clemente

Keshun Simmons tees off.



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Friday, Sept. 23, 8 p.m.
Queen Revival Band
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Entrance fee €12 at the door

Saturday, Sept. 24, 8 p.m. Folkloric evening
Ballet groups and Playback Show
“The Wäschbachstelzen”
Eddy’s Company – Dance and Show band

Sunday, Sept. 25
2 p.m. Large Kerbe parade
4 p.m. U.S. Army Europe Festband - no entrance fee.
Coffee and Cake sponsored by the “Landfrauen”.

Monday, Sept. 26, 9 p.m.
Brilliant firework display at the Kerbe tent.

DOMINIC KING SCOGGINS

Dominic was born at 5:47 p.m. August 26 in Birkenfeld, Germany. He weighed 7 pounds and was 20 inches long. Dominic was born to Benjamin and Ashton Scoggins. The family is stationed in Baumholder.

Birth Announcement

Send your birth announcement to the Herald Union. Include your baby’s name, time and date of birth, hospital name, weight and length, parents’ first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: pictures@herald-union.com

BRAIN TEASER

DELETE A LETTER

Each pair of definitions is for two words, where the second word is the first word with a letter deleted (example: brand & band). The length of the first word in each pair is provided, along with the position of the deleted letter to obtain the second word.

- 1) something absurd or ridiculous (5 letters) & (delete 4th letter) money paid for transportation
- 2) a type of fruit (6 letters) & (delete 1st letter) a place for shooting practice
- 3) a dead body (6 letters) & (delete 3rd letter) a thicket of small trees or shrubs
- 4) to be filled with longing or desire (5 letters) & (delete 5th letter) a measurement of time

Answer: 1. farce & fare | 2. orange & range | 3. corpse & copse | 4. yearn & year

MIXED UP MASQUERADERS

Abbey is hosting a masquerade party for her birthday, which falls on Halloween. Half way through the night, Abbey and her three best friends decided to play a trick on their boyfriend by switching costumes! Talk about taking masquerading to a whole new level!

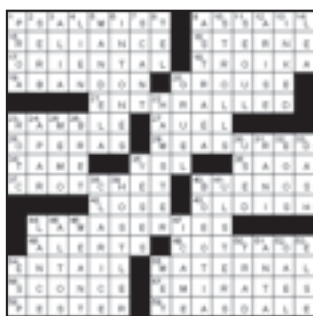
Can you figure out who switched with who?

(Posed/... = Posed as...)

1. George’s girlfriend couldn’t fit into the costume of the girl who pretended to be Beth.
2. Harold’s girlfriend, who switched into Cristy’s costume, didn’t originally go as a belly dancer.
3. Beth didn’t pretend to be the girl who pretended to be Donna.
4. The girls who “masqueraded” as Beth and Donna are Freddy’s girlfriend and the girl that the friend who originally went to the party as a ghost pretended to be.
5. The girl who went to the party as a super hero changed into the kitty costume.
6. The girl that Freddy’s girlfriend posed as didn’t arrive at the party as a kitty.
7. Abbey’s boyfriend is Eugene.

Answer: Abbey’s original costume was a belly dancer to match Eugene’s sheik costume, she posed as Donna. | Beth’s original costume was a puppy costume, she posed as Beth. | Donna’s original costume was a ghost to match George’s zombie costume, she posed as Abbey.

Crossword Puzzle



This is the solution
to the crossword
puzzle from Sept. 1!

Courtesy of thinks.com

ACROSS

1. Set upon
9. Give new hands
15. Cargo quantity
16. Show clearly
17. Pregnant
18. Aquarium fishes
19. Cold War thaw
20. "___ Resartus" (Carlyle)
21. Elvis Presley film
23. "Carrie" star
27. Claret and burgundy
28. Japanese sauce
29. Moments
34. Indigo dye
35. Big bang producer
36. Prefix with space
37. Sheets and pillowcases
40. Mideast state
42. Aloha State bird
43. Staggered
44. Decisive conflict
48. Rip into
49. Chaotic
54. Ark berth
55. Asian part of Turkey
56. Illusory sight
57. Habitus
58. Hit hard
59. Bridge supports

DOWN

1. Under cover?
2. Dial sound
3. Delicate use of words
4. To ___ (just so)

5. Sour note
6. Heyerdahl raft
7. Polished off
8. 1950s White House monogram
9. Holds back
10. High point
11. The same
12. Become a member
13. Not ___ in the world
14. French article
20. Fragrance
22. Showed delight
23. Attempt
24. Window division
25. In the thick of
26. Summons
30. Swiss river
31. Oscar-winner Patricia
32. Beech or birch
33. Completely convinced
35. Article of faith
38. Furious
39. Brought to nought
40. Archaeological period
41. The S of SPQR
44. Airy rooms
45. Brings up
46. Bathtub murder victim
47. Eatery
50. Drop down?
51. Airline from Lod
52. Feudal address
53. Impudence
54. Band booster
55. Gallery display



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2000 VW Passat TDI station Wagon, white, manuall, AC, heater seats, pow. windows/ doors/ mirrors, 144K, ESP (traction control), euro spec, Radio, Gasmlage 39.2 \$3700 0176-369-66439

2003 Porsche 911 Carrera 4 Cabriolet w/hard top (US Spec). 25k miles, Seal Grey w/blk seats, Alpine Stereo w/Sirius satellite. Excellent Condition. \$39950 0176-7622-4972 or 06371-611267

2001 Jeep Wrangler V6, Hardtop, 4WD, 5 Spd, Alloy Wheels, 91k Miles, Cd Player and Soundbar, Forest Green, Brand New Heating and Cooling System. 01621659238 lauren.n.w@hotmail.com

2005 Toyota Corolla, 5 gear, blue, dealer maint., 35,500 miles, PS / PW / PB / CC / radio / CD player \$8500 Steve 0171-9524338

2007 Tyta RAV4 V6 269HP 40,000 miles 4WD extra radiator. 6 CD player radio. Light Metallic Green. I work on Ramstein if you want to have a look. \$17500 015125537335 / desertpj@me.com

2002 Saleen Mustang, V-8, 5 spd, leather, DVD touchscreen, new tires and chrome rims, big brakes, collectors car, email for a full list of options \$15000 0151-4183-9226 christopher.j.dawson@us.army.mil

1995 Opel Omega -- Runs good! Just passed inspection. 5 speed, inclds 4 snow tires, power windows, CD changer. Must sell. \$1800 063718022124 / spreckl@yahoo.com

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2008 Ford Mustang V6. Black 22,000 Mi. ManTran, Pony Pack, AC, Pow Win, Pow Lock, Cruise Cont, Remote Entry, Dual AB, Shaker Sound, Multi Disc CD \$1190 Below Bluebook \$14500 0631-3505053 & Phil.in.germany@gmail.com

2008 Suzuki XL7 Seats 7 FWD V6 AT LTR moon RF loaded low mile 27,000 below trade in value us spec inspected Motivated Seller if serious call Ktown \$16500 0174-6358481

2009 BMW 335i - Hardtop Convertible. Fully loaded, 34K, Automatic/Leather/GPS, USA Specs \$39500 0160-806-0553 or rosario_vo@yahoo.com

2010 BMW 328xi Sedan. 9950 Miles. Blue water/Oyster leather. One owner. Navigation, Bluetooth, and more. Email: ahubert@tuiu.edu \$34000

2010, X5, 35d, Grey, Practically new, 9500 miles. Fully loaded, Tobacco leather interior, Bluetooth, Ipod, 3rd Row Seat, Sunroof, 7 PAX, No GPS \$46000 mark.oppel@gmail.com

Audi A6 silver 95 4door automatic, euro spec 180000K passed inspection aug 11 keyless entry, heated seats, power windows/mirrors, traction control \$3750 017661656771 / kr3wactive@gmail.com

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BMW 316i, german spec, 2-door, sport coupe. 5-speed, new cd player, automatic windows and sunroof, great on gas and for driving around the city. \$2800 emkc18@gmail.com

BMW 318i, 2003, 162000km, 5gears, KW/PS: 105, 143, black met., AC, el. sunroof, GPS-System, 6x CD-changer, Board computer, park dist. contr., €6500 Cell: 0179-9100405 or tdlenhard@t-online.de

BMW 325i 2006 E90, White color, Black interior, Auto, Climate A/C, Nav, MP3 CD Player, Repainted due to previous vandalism, Cheap Price \$18,000 OBO anndandy@hotmail.com

C-300 Sport Black paint Gray leather interior 7-Speed Automatic Transmission Powerful 3.0 liter V-6 Sunroof Premium Package I US Specs \$30500 james@smartcio.com

Cadillac CTS 3.6 V6 Sport Luxury. Very clean/good condition. Leather interior. Automatic. Just passed MOT. 37,500, 4xwinter, non-smoking, negotiable €18000 info@eulbergholding.com

Hyundai sports / coupe 2.0FX automatic year 1999 P/W black leather (ABS) A/C cruise control alloy rims front-drive CD / player \$3000 015778395052 ali_haidar_29@hotmail.de

MB E 320, 245PS, silver, very good condition and clean, new inspection and brakes, garage kept, summer+winter tires, +much more, pictures per mail €10500 06364-175102 or beatriceluisse@yahoo.de

Must Sell! PCSing! A "2002" KIA Sedona, grey in colour good condition. 95,268 miles. Great Family Van!! Send e-mail for pics & serious Buyers Please. \$4000 Zaleskifam@yahoo.com or 06374-805-332

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2 Loveseats and Ottoman. Tan fabric, very comfortable, high-quality, extra pillows. In good condition but with just a few cat-claw marks. \$450 obo. 03221-228-4899

36" Sony Trinitron TV, w/ Remote, Pic in Pic; Stereo Sound, Parental Lock, with Matching Stand, \$125.00 32" Sharp TV, w/Remote, and Stand \$50.0 \$125 06305714527/quinntrey@yahoo.com

5 Piece Living Room Set: Black Leather Sofa; Love Seat; with Ottoman; Glass Top Coffee Table & one End Table. All in very good condition. \$650 06305714527 / quinntrey@yahoo.com

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coloring/painting desk with chair, tray is adjustable. my daughter grew out of it, nice for kids to paint. firm price. \$45 0170-9626274 / mipanama1@aol.com

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Ikea Bedding sofa bed and mattress. Good condition. €75 0611-205-9635

Ikea footstool with storage; round; natural colored washable cover. Picture available on-line. \$10 shelleythemermaid@gmail.com

OBO, Co-sleeper Bassinet \$100, Glider Rocker w/ ottoman \$50, Graco Pack n' Play \$20, Moses Basket Bassinet \$50 \$ 06381-9205650

OBO, Ikea Dining rm tbl w/ 2 leafs, 5 matching chairs. Ikea single wood frame bed and mattress barely used \$100 OBO. Ikea wood storage unit \$100 OBO \$200 06381-9205650

OBO, Matching Wood Qn sz bdrm set, incl hdbd, ftbrd, rails, end tbl, armoire w/ 3 drawers and 6 drawer chest. Mattress and box-spring not incl. \$500 06381-9205650

Picnic basket with dishes, open from top. €20 classicer48@yahoo.com / 01726250663

Quilt rack with shelf. Pictures available on-line. \$10 shelleythemermaid@gmail.com

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